



Good Food

Veggie gourmet

MIDDLE EAST

- * Middle Eastern flavours
- * Spa cuisine made easy
- * Fresh and fast pastas

EID CELEBRATIONS

What to serve &
Where to go
for the long weekend

OLYMPIC FEVER!

A modern British menu

Beat the heat

With cooling
iced desserts

EVERYDAY
30-MINUTE
SUPPERS



WEEKEND
FRUITY
DESSERTS



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AC210

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www.cpievents.net/mag/magazine.php

PRINTED BY

Printwell Printing Press LLC

PUBLISHED BY



Head Office, PO Box 13700, Dubai, UAE
Tel: +971 4 440 9100
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Group Office, Dubai Media City
Building 4, Office G08, Dubai, UAE

A publication licensed by IMPZ

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EDITOR'S NOTE



A month of goodness

On a visit to the Chiva Som spa retreat in Thailand a few years ago, I had an eye-opening experience when it comes to

spa cuisine. It had to do with garlic. For dinner on the first evening, we were served fresh bread rolls, but instead of butter, we were handed beautifully soft, roasted heads of garlic to use as a spread instead. We were gently encouraged to "Just try it", and if we didn't like it, we could always ask for 'real butter'! We didn't need to – it was absolutely delicious, and converted us for life. Well, not really – I still like a bit of butter every now and then, but also enjoy serving roasted garlic as a unique, completely unprocessed, and fat-free alternative.

That was a very telling experience, for me. Spa cuisine doesn't have to mean boring and bland – it can be really tasty, with just a bit of imagination and creativity added into the mix. Read *Spa-licious!* on p52 and you'll know what I mean. There's no better time than the hot summer months to pamper your body from the inside out, with some light, wholesome goodness.

For many of you observing Ramadan, goodness is very much a focus this month, but that of the spiritual kind. But, after a long month of fasting and discipline, everyone deserves a party! So, we've laid out an Arabian feast for you to help celebrate the Eid-al-fitr festivities, serving up everything from traditional, home-style Lebanese mezze (*A Festive feast*, p44) to an authentic Emirati menu (*Eid dining, the local way*, p48). The Eid long weekend is also a good time to plan a short getaway, so we've rounded up three great destinations within easy reach on p72 (*Eid escapes*) – you'll be surprised at how much the region has to offer, including, of course, great food.

Whether you're staying in town or heading out, indulging in decadent feasts or detoxing, make sure to treat your body and mind with some TLC this month. You know you deserve it!

Sudeshna

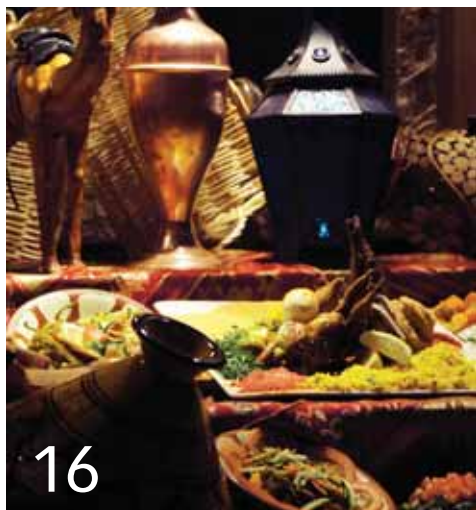
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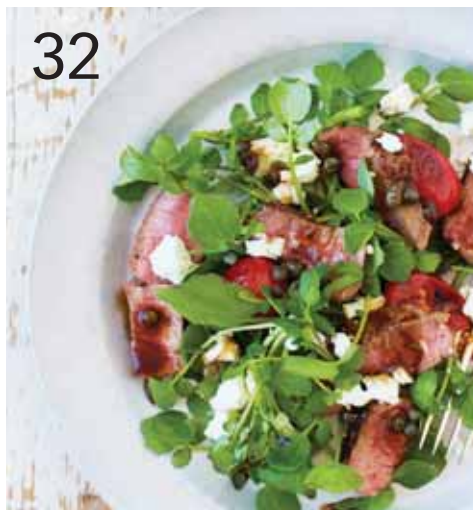
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August 2012



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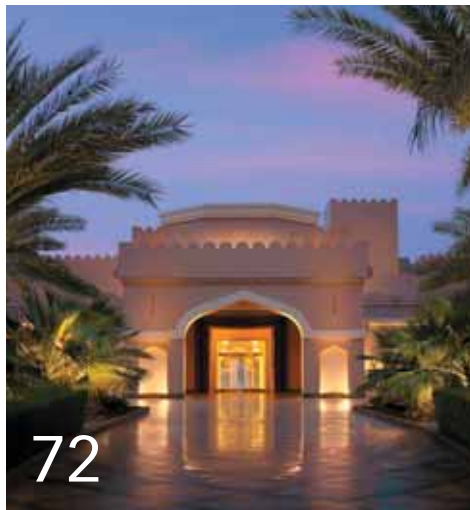
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Get to know the face behind the food blog you've been savouring.

On the
cover
Preserved lemon
and tomato salad
with feta,
p59



Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- SH** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- LF** **Low fat** 12g or less per portion.
- GF** **Good for you** Low in saturated fat, low in salt.
- HH** **Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

FYI!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

Your say

ONE-STOP SOLUTION

I enjoy reading BBC Good Food Middle East as it offers simple solutions to the never-ending dilemma of 'what's for dinner?!' It's packed with fantastic, inspiring recipes and is kept safely in my kitchen – not on a coffee table. Each issue contains so many tempting and mouth-watering recipes, nutritional information, helpful cooking tips and fantastic competitions. It is a must-have for anyone who loves cooking, eating and dining out.

Fahad



FAMILY FAVOURITE

Thumbs up for giving us delicious Ramadan recipes from various regions (*Ramadan around the region*, July 2012). I know about Pakistani dishes eaten during Ramadan, but it was really interesting to read about other regions as well. I am going to try all of them. Moreover, I hope to get more healthy recipes in next month's issue to energise us after 18 hours fast. The feature on ways to use strawberries (*3 ways with strawberries*, July 2012) is also a classic as my son – who is a fussy eater – loves this delicious fruit. Thank you, *BBC Good Food ME*, I'm eagerly waiting for the August edition.

Khoulah Khan



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.



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Or, you could write to us at:
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Star Letter

IFTAR INSPIRATIONS

The scrumptious cover picture of the July issue of *BBC Good Food ME* evoked the creative chef in me to get to baking right away! With the onset of Ramadan, it's always handy to keep menu ideas at hand as my kids bring home friends for Iftar. For this reason I have to resort to kid-friendly foods to keep the young ones entertained and satisfied.

Your Middle Eastern recipes (*Ramadan around the region*) will serve two purposes for homemakers around the region, as they teach



you to embrace the Holy month and also to set a budget-friendly table. Ramadan culture is unique to the Islamic world and it is with grace that we learn so much about our brethren in this part of the world. The dessert recipe supplement was extremely tempting as well, and I promise I will give some recipes a try.

A suggestion from me would be for you to start a 'Recipe of the week' section on Facebook so 'stressed soccer moms' like me are saved the hassle of typing out recipes to save them on our laptops. Keep up the good work, and Ramadan Kareem!

Vea Fernandes

The Editor says: Keep an eye out for our new-look newsletter in August, you'll find your Recipe of the week there!

Win!

A fabulous **Silampos** cookware set worth **Dhs1,795**, courtesy of Jashanmal! Silampos, a functional and attractive range of metallic

cookware offers innovative solutions to make daily life easier, with high performance utensils that ensure quick cooking, healthy meals and significant energy savings.



JASHANMAL جاشانمال

A BUSY WOMAN'S LIFELINE

I am a culinary enthusiast who enjoys cooking Italian, Moroccan, Indian and Thai cuisine. I religiously buy the magazine every month as I love the simplicity of its recipes. I am a healthy, conscious food eater and eat fish at least five times a week. Being a working woman, I hate wasting food and so I have started creating weekly menus every Thursday, which consists of balanced and nutritious meals for the full week. *BBC Good Food ME* has helped me in a lot of ways to create easy and delicious meals for lunchboxes and dinners.

Sonia Rota

BRIT BITES

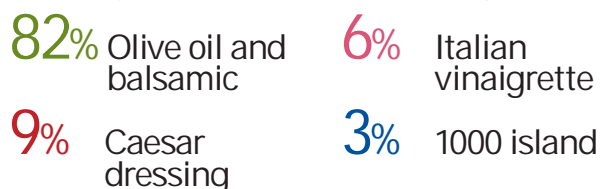
I was really happy with the June issue of *BBC Good Food ME*. The weekend section of the magazine keeps me busy on my days off, experimenting with new dishes. I enjoy making British-type meals as it reminds me of home, so the veal chops and blueberry and coconut pudding (*Supper for two*), went down very well – I'm definitely adding it to my list of favourites. I was also intrigued with the British breaks feature (*British food adventures*). The oysters and asparagus in the list inspired me to produce my own hybrid meal in Dubai. Thank you!

Diego Alejandro

We asked you...

Facebook poll

What is your favourite salad dressing?



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Foodie moments

What's hot and happening in the culinary world, here and around the globe.



DINE IN THE CITY

Asian cuisine gets a modern twist with the diverse menu at the recently opened Asia Republic, in Atlantis, The Palm. With authentic dishes from across South East Asia, whether it's Korean, Vietnamese or Chinese cuisine, at refreshingly affordable prices, this is going to be our new haunt for when we're craving those fresh, spicy flavours. Call 04-4262626.



DIM SUM AT YOUR DOOR

The mouth-watering steamed parcels from Ping Pong are now available for delivery through Room Service Deliveries. So, if you live in DIFC, Downtown Burj Dubai and Sheikh Zayed Road areas, dim sum dinners on the couch just got a whole lot easier for you! Visit rsd.ae.



Cooking with chefs

Tired of cooking classes that teach you a fancy three-course meal that you promptly end up forgetting the next day? Good news! The enthusiastic young chefs from Dubai's home grown restaurant, Table 9 at Hilton Dubai Creek, have opened up their kitchens to guests keen to hone their cooking skills. Classes at the Table 9 cookery school are held on Wednesdays and Fridays, and are themed according to ingredient – chicken, fish, chocolate and so on. The classes are hands-on, and you get to grips with working with that main ingredient, from jointing and cutting, to different ways of cooking it. At the end of the session, you not only sit down to eat what you made, but also walk away with an apron, recipes, and a second dish in a takeaway box for supper that evening! Dhs495 per session, visit table9dubai.com/Cookery.

SMART FOOD SWAPS



230
calories

5 fried mozzarella
cheese sticks dipped
in marinara sauce



110
calories
28g unsalted
pretzels

Swap for

197
calories
10 medium sized
baked onion rings

52
calories
12 spears of boiled
asparagus with salt

Go splurge

Book a spa treatment or indulge in a gourmet dinner at any of The Address Hotels and Resorts and receive a 25 per cent discount when you pay with Visa debit or credit cards. The offer is valid at all Address hotels, The Palace-The Old Town, Armani Hotel Dubai, as well as Dubai Marina Yacht Club, Arabian Ranches Golf Club and Dubai Polo & Equestrian Club.

Snack attack

Made from fresh natural honey, the newly launched Honey yoghurt from Al-Ain Dairy is ideal for breakfast or as a midday snack. Sprinkle a little cinnamon on top to give it an even healthier twist.



Ready, steady, cook...

Ramadan TV viewing just got a whole lot yummier! Watch some of the UAE's most talented amateur chefs battle it out in a Masterchef-style TV show in the Saadiya UAE Ramadan Cooking Challenge. Aired daily on E Masala (6pm), E Masala +2 and Food Food channel, the show will see 32 teams cook off against each other in a variety of different challenges, until the two best-performing teams are left for the finale, to be telecast during Eid. Hosted by Saba Wahid, the show also has celebrity chef Sanjeev Kapoor and his team involved in judging. Don't forget to tune in to the first semi-final episode to catch our editor, Sudeshna, on the panel as a guest judge! Visit uaecookingchallenge.com.



GOURMET SHOPPING

We're super excited about the recent opening of online fine food store Chez Charles. A shopping website dedicated to gourmet foods and artisanal produce from European suppliers, Chez Charles offers everything from fresh vegetables and seafood, to flavoured oils, vinegars and cheeses. It's the next best thing to browsing a farmer's market in France! And no, the prices aren't too high either. Log on to chezcharles.ae.



The biggest Mac ever!

Heading to London to watch the Olympics? A McDonalds may not be your top food choice, but when you check out the two storey custom-built McDonalds restaurant housed in a chalet-style building at the Olympic park in Stratford, you might change your mind. During the course of the games, they are expecting to serve approximately 50,000 big Mac burgers and 180,000 portions of fries, to around 1,200 customers an hour. Once the games are concluded, the building will be demolished, with 75 per cent of it being recycled.



Time for a cuppa

TWG tea, the luxury tea brand has launched its first Tea Salon & Boutique in the region, at Dubai Mall. You can taste 450 exquisite harvest and blends from around the world at the boutique, while browsing through a staggeringly wide collection of loose and packaged teas, as well as tea accessories. The salon also offers a menu of various tea-inspired dishes, from pastries and macaroons to savoury items such as foie gras terrine and tea jelly. 04-3253857.

On test: Refrigerators

Essential home gadgets reviewed.



LG GRP227BLQ side by side refrigerator: 616 litres

A stylish addition to the kitchen, this refrigerator comes with a gamut of features such as the in-built water dispenser and mini bar – a section of the door that you can store bottles in and open with a touch of a button. The fridge is spacious, with roomy compartments on both the refrigerator and the freezer sides.

What we liked: The design is very well thought-through, with efficient maximisation of space, and convenient compartments for all the different things you'd keep in a fridge – including a shelf in the freezer for holding ice

cream cones. Genius! Shelves are plentiful and it feels like a bigger fridge than its actual size.

Features like the bottle holder section of the door with a separate door may not be a priority when choosing a fridge, but you'd be surprised at how handy it is, and get used to it quite easily! Add-ons like this, as long as they are not pure gimmickry, are what makes a difference when refrigerator-shopping – and this one is clearly very thoughtfully designed with the user's convenience in mind.

The back-end of the refrigerator is also cutting edge, with a Moist Balance crisper keeping moisture balance inside at an optimum level – which means food stays fresh for longer, which it does. For example, I always end up throwing out salad leaves which go bad after a few days, but in this fridge, they kept for long enough to be able to use the whole box. Plus, it has a Bioshield door seal which keeps the seal intact and free of mould. This helps keep the cold inside where it belongs, and also saves energy.

What we didn't like: The water and ice dispenser on the door, while a great idea in theory, is actually a tricky one – you need to purchase a separate pump to connect it to the bottled water we all consume here. In a tap water-drinking nation, it would only need to be hooked up to the plumbing. While that is no one's fault, it does feel like an additional hassle. The fridge, while silent most of the time, does let out the occasional mechanical grunt for about 10 seconds – not a big problem for most people, as it becomes part of the white noise of any household.

To buy: At Dhs4,499, it falls within an affordable price range for most families, available at LG showrooms and leading supermarkets.

Sharp SJ F80 SP 4-door refrigerator: 724 litres

Sharp's latest range of refrigerators using Plasmacluster Ion (PCI) technology maintains a balance of negative and positive ions in the atmosphere, to keep it refreshed and inactivate fungi, bacteria, viruses and mould spores. As a result, food stays fresher for far longer.

What we liked: Placing the fridge on top and freezer below, while becoming increasingly common, is extremely practical and convenient. The four-door option takes it a step further, letting you open just one side of the fridge so less cool air escapes – but at the same time you have access to all the items in the fridge. The interior was very well-organised, with ample compartments even for large items; fitting something like a 3-litre milk bottle was a breeze. This makes it ideal for larger families. From the outside, the steel finish gives it an elegant look.

The PCI technology is really effective, as food not only kept for longer but in combination with a Honeycomb deodoriser, it also kept odours at bay. Plus, the fridge is absolutely noiseless.

What we didn't like: Not a lot, but if we had to find fault, it would probably be that the freezer has too many compartments and drawers. As they say, you can have too much of a good thing, and finding things in the freezer section would have been much easier if it had a bit more open space.

To buy: It is priced at the higher end of the segment at Dhs7,999. Available at Sharaf DG and Emax outlets.



Panasonic NR-BY601 Bottom freezer refrigerator: 602 litres

With sleek, minimalist styling, it offers a lot of refrigerator room within a compact space. The Inverter technology, and an additional Energy-saving mode option, offers up to 40 per cent reduction of electricity consumption.

What we liked: The slimline refrigerator comes with a drawer-style freezer at the bottom, making it convenient. The LED-lit Intelligent Control panel intuitively helps manage the functions, which includes a nine-level temperature control ensuring optimal cooling, and Quick Freezing, for when you need to replenish the ice supplies in a

hurry. The vegetable tray is designed to provide high moisture conditions, while the Vitamin Safe feature helps maintain the nutritive value of produce with flashing LED lights that activate their natural defences. It also has an AG Clean Twin deodoriser which has an anti-bacterial effect on the food, keeping everything clean and fresh.

What we didn't like: The inside is also quite minimalist and basic, with not enough separated sections for storing different things.

To buy: Dhs3,599, available at Panasonic showrooms.

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Off the shelf

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Treat your friends to a gift hamper from **CANDELITE** this Eid. Packaged in a gorgeous wooden box, the hamper is filled with gourmet delights such as nougat, chocolates and dark chocolate covered dates, and costs Dhs230.



We love anything by **DIPTYQUE** – and their beautiful new jasmine-scented Jasmin candle just gave us another reason to love them a little bit more! Dhs234.



Add a touch of elegance to a coffee table with this Michael Aram Goosebury pierced bowl from **HARVEY NICHOLS**, Dhs1,200.



If you miss barbecuing over the summer, get the Raclette party grill from Severin. A great way to grill fish, meat and veggies indoors, it is not only smoke-free and easy-to-use, but energy efficient too. Dhs199, at selected **JACKIE'S** and **PLUG-INS STORES**.



Don't think you need a potato ricer? Think again! This OXO potato ricer from **LAKELAND**, Dhs229, includes a 3-in-1 blade offering different textures – fine, medium and coarse – which can be used to cut potatoes for everything from salads and mash to hash browns. Just rotate and go!



Get into the Ramadan spirit of things and serve refreshing glasses of rose syrup, tamarind and apricot juice on this mirror tray from **2XL FURNITURE**, Dhs66.

Give your steak a gourmet makeover by smearing on some of this decadently delicious truffle butter from **CARLUCCIOS**, Dhs40.



Brie, Camembert and Roquefort? Yes, please! Entertain in style by serving up a range of cheese with crackers, chutneys and grapes on the Alessi Ape cheese board from **TAVOLA**, Dhs240.



Treat yourself to amazing flavours this Ramadan.

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- Stainless Steel Foot

AED 489



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- Turbo Setting
- Stainless Steel Kneading Hooks

AED 339

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Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.

Q I usually pack sandwiches to take to work, but whenever I do prepare them ahead of time, the bread becomes dry after an hour or two. What can I do to prevent this?

A. Sandwiches are great as a grab-and-go lunch. To make sure the bread doesn't dry out, wrap the bread in a dampened lettuce leaf and cover in plastic wrap to capture moisture and seal in the freshness.

Q I love sun-dried tomatoes and use them often, but it's becoming a bit too expensive to buy the jars all the time. Is there a quick and simple way of making my own at home?



A. Yes, there is! Wash two punnets of cherry plum tomatoes and cut in half, lengthwise. Mix in a bowl with two tablespoons of olive oil and one tablespoon of balsamic, coarse sea salt and sugar each. Season well with ground black pepper and chopped rosemary or thyme. Put on a baking tray, skin side down, and leave in the sun, covered with a hair net or any other net, until dried to your liking (no longer than one day). Store in a sterilised jar with sliced garlic and cover with olive oil in the refrigerator. This will last for up to a week, but the longer you dry them, the longer they last.

Q My cutting board always smells of garlic and onions, and the smell lingers on even after washing. Could you please suggest a solution to banishing this smell?



A. For a quick daily cleaning method, rub the board with half a lemon – this will take away all the nasty smells and keep your board looking as clean as possible. In fact, there's also a secret cleaning mix I learnt at catering college, that I can share with you. Cover the board with a little bleach and leave for an hour, scrub and rinse with warm water. Then make a paste of one tablespoon bicarbonate soda mixed with a cup of flour, juice of two lemons and a little water. Apply it on the board and leave to rest for an hour. Scrub with a stiff brush under hot water and remove any traces of the bleach. Do this once a month to keep your cutting boards sparkling clean and odour-free.

Q My kids love eating custard with fresh fruit during summer. I would like to make my own custard instead of buying the readymade kind, the only problem is it always curdles. Please help!

A. To keep custard from curdling, add two teaspoons of corn flour while mixing in the eggs and sugar, and stir continuously with a wooden spoon, making a figure 8 motion. Make sure it is always kept on medium heat and doesn't boil.

Andy's ingredient of the month



Okra or ladies finger (of African origin) is commonly used in seafood gumbo, a Cajun favourite from Louisiana. Great in Arabic cuisine with lamb or chicken, or simply used as a vegetarian dish in Indian cuisine, okra is the most heat and drought-resilient vegetable species in the world. It is high in carbohydrates, water, dietary fibre, sugar and is a great energy-booster for the fasting season. Grown in some of UAE's organic farms based in Abu Dhabi, they are available at most supermarkets.

Got a cooking question you need answered? Write in to us at feedback@bbcgoodfoodme.com.

To find out more about Chef Andy, visit chefandycampbell.com.

Tried & tasted

Restaurant with a view

Each month, we review two of the nation's top tables.

Abu Dhabi



Where: **Al Fanar, Le Royal Meridien Abu Dhabi**

What's it like: The idea of a revolving restaurant may seem quaint, but like most classics, it is enjoyable when you do revisit. Located on the 31st floor, the restaurant offers unrivalled views of the city, from the older parts of town, to the new skyline being built as we speak. The décor is simple yet elegant, if a little faded, but allows the backdrop to take centre stage, which was of glittering city lights on the evening I visited.

I chose the pan-fried scallops served with green apple and avocado with pine nut dressing to start, from the contemporary European-styled menu. The refreshing green apple slivers set off the creaminess of the scallops perfectly. My dining partner chose a pea and mushroom soup, that was aromatic and full of flavour.

For mains, I stayed on the seafood path, choosing a pan-fried sea bass, served with asparagus, garlic panacotta and morel mushroom sauce. The fish was cooked just right, and the inventive garlic custard took the textural experience to a whole other level. My dining partner chose a lamb loin with almond puree and cauliflower couscous – which I had also been eyeing when ordering – and pronounced it delicious. We had very little room left for dessert, but the signature dessert, Victor's Three-way chocolate, a creation of head chef Victor Arijó came highly recommended, so a chocoholic like me couldn't resist. And I'm glad I didn't – it was delicious!

Whether you're looking for somewhere to celebrate a special occasion, or have visitors to entertain, or if you're simply looking for a gourmet meal at reasonable prices, you can't go wrong with this venue.

If you want to go: Approx. price for dinner for two (without drinks) is Dh650, call 02-4014000.

- Sudeshna Ghosh

Dubai



Where: **At.mosphere, Burj Khalifa**

What's it like: When you have a location like this – the highest restaurant in the world – you could probably serve dishwater and still get people through the door for the view. But head chef Dwayne Cheer runs the kitchen with the intention of making people forget the view when they eat – and he's doing a good job of it. The gleaming polished wood and glass interiors add just the right amount of glamour and sophistication, which, in combination with the friendly service is a rare blend in Dubai.

From the seasonally changing menu, I opted for the Poached langoustine which came with a lobster ravioli and mango for starters, and it was an absolute delight – I especially loved the sweet mango flavor that literally dances on the palate. My partner, a recently converted Burrata fan, chose the Heirloom tomatoes which came with a generous dollop of the delicious cheese, presented with melon on a flattened sheet of cucumber that was almost too pretty to eat.

For mains, I decided to indulge in a Wagyu from the renowned Blackmore farms – and managed to polish it all off, along with the potato puree and asparagus sides. That never happens! My partner also demolished his melt-in-the-mouth, subtly spiced chicken, served with artichokes and peas, equally quickly. The seasonal influence is evident throughout the menu, with a passionfruit soufflé served with fresh mango catching my eye from the dessert selection. My partner opted for the Classic 122 Sphere, a delicious concoction of chocolate brownie, vanilla ice cream and espresso. A can't-go-wrong-with combination of flavours, luckily for me, there was enough of it to share!

If you want to go: Approx. price for three-course dinner for two is Dh1,200. Call 04-8883828.

- Sudeshna Ghosh



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UPFRONT EATING OUT

Flavours of the month

Our pick of the best Iftar and
Eid dining offers.



Almaz by Momo



Layali el Hilmiya

Ramadan dining

Almaz by Momo, Harvey Nichols, Mall of the Emirates

Get a taste of Maghrebin cuisine at this Moroccan themed restaurant and enjoy a one-of-a-kind experience. You can indulge in North African delights such as harriira soup, home baked breads such as batbout, berber pancakes, salads, spinach fatayer, kebbah and homemade Moroccan sweets in a sumptuous setting.

Dhs170 per head, call 04-4098877.

Al Diwan Iftar, Jumeirah Beach hotel

Enter the lobby and you are immediately guided towards buggies that will take you towards the enormous air conditioned two-storey tent. Try a range of unique dishes such as beetroot and turkey salads, roast potatoes and more traditional offerings such as shawarma and lamb, plus a chocolate fountain that you just cannot resist.

Dhs180 per head and 50% off for children between ages 3-12. Call 04-4068999.



Ingredients, Eastern Mangroves Hotel and Spa by Anantara

Sample authentic Arabian cuisine with traditional favourites such as baked breads, soups, salads, hot and cold mezze, as well as laban and tamarind juice. Once done, indulge your sweet tooth with a variety of Middle Eastern delicacies like kellage, almond briwat and Othmaliah with keshta.

From Dhs175 per head, call 02-4061400.

Layali el Hilmiya, Le Meridien Abu Dhabi

Enter the Ramadan tent and dine in a 1001-nights style setting, while feasting on falafel, fatayer, shawarma, fowl and sweets such as kellaj and katayef. You can also simply relax and watch TV, play games and smoke unlimited shisha while listening to classical tunes played by the oud player.

Cover charge is Dhs40 per head, and the dining package is available for Dhs190.

Call 02-6446666.

At.mosphere, Burj Khalifa

Break your fast with a spectacular high tea at the highest restaurant in the world. The evening begins with a range of special Damman teas and selected juices, after which you can indulge in delicious dishes such as baba ganoush with pomegranate, sumac-spiced turkey and cheese, warm falafel rolls with rocket and halloumi and fresh zaatar quiche, while taking in the stunning city views.

Dhs250 per head, call 04-8883828.

The Med, Media One hotel, Media City.

If you're looking for a unique Ramadan experience, head down to this stylish hotel to check out contemporary Arabic calligraphy by artist Maryam K. Al Falasi. Once you have built up an appetite, try the traditional Iftar buffet which includes a range of Arabic dishes. *Dhs95 per person, call 04-4271000.*

Hatta Room, Sheraton Dubai Creek Hotel & Towers

Tuck into an Iftar buffet choosing from a special menu that changes every night of the week. Expect authentic Arabic grilled meats such as shish taouk, shawarma, kofta, mixed grilled as well as sweets and beverages. *Dhs145 per head, call 04-2281111.*

Spice and Aroma, Jumeirah

If you are planning an Iftar party, but haven't got time to cook, fret not! You can get a wallet-friendly Iftar catering service from this Jumeirah restaurant. They offer an à la carte menu or combo packs that include classic Indian dishes such as chaats, bhajjias, kababs, biryani, goshts, phirni, halwa and shahi tukda. *Dhs10 onwards for assorted Iftar meal packs and Dhs40 for set menus. Call 04-3492577.*

Fazaris, The Address Dubai Mall

This all-day dining restaurant is offering delicious Arabic grills such as harissa marinated lamb rump, plus cold and hot mezze such as zaitoon salad, cheese and meat sambousek, as well as a variety of pastas, biryani, desserts and a selection of teas, at the Iftar buffet. *From Dhs170 per head, call 04-4368799.*



Asateer, Atlantis the Palm

The famous Ramadan tent is back offering traditional activities such as card games, chess and backgammon. For Iftar, feast on jallab, beef steamship, hommous fattah station, tahini fountain, assorted manakish, as well as kenafah, umm ali and Arabic ice cream made on the spot. *Dhs175 per head and Dhs85 for children between ages 3-12.*

For Suhoor, try the à la carte set menus that offer hot and cold mezze such as falafel with tahina, chicken shawarma platter, fried kebbeh, assorted manakish as well as juices and flavoured shisha. *From Dhs165 per head, call 04-4260800.*

Ski Chalet Iftar, Kempinski Mall of the Emirates

Break your fast in a unique and memorable way with Iftar served in a cosy ski chalet overlooking Ski Dubai, with a customised menu of your choice. *Dhs395 per head (minimum booking for 6 people required). Call 04-4095999.*

Mahec, Le Meridien Dubai

Add a little spice to your Iftar, by heading out to this contemporary Indian eatery. Tuck into a lavish set menu which includes tender kebabs, grills, curries, biryani, desserts and fresh juices. *Dhs139 per head, call 04-7022455.*

Radisson Blu Hotel, Dubai Media City

Savour an Iftar with a difference at Chef's House, trying authentic Arabian and Oriental dishes cooked at the live cooking stations, as well as traditional ouzi. *Dhs99 per head, call 04-3669111.*

The Ritz-Carlton, DIFC

Enjoy a luxurious Iftar in a colourful spice souq setting at the air conditioned Majlis, trying out an international buffet selection with live cooking stations. After your meal, you can kick back with some recommendations from the shisha sommelier. *Dhs175 per person, call 04-3722323.*



Bastakiya Café & Restaurant Kitchen, Arabian Courtyard Hotel & Spa

Try traditional Indo-Pak cuisine and begin the meal with a cooling rooh afza drink before tasting dishes such as Lahori machi, keema mattar, chapli kebab, tangri Afghani, Hyderabad mutton biryani, jelebi, sheviya and other authentic treats. *Dhs79 per head, call 04-3519111.*

Eid dining

KGrill, Kempinski Hotel Mall of the Emirates

Go on an Eid shopping spree at the mall and head down to KGrill to indulge in a buffet brunch straight after. *From Dhs295 per head, call 04-4095999.*

Intercontinental Dubai Festival City

Celebrate Eid by tucking into a buffet brunch while taking in the views of the beautiful Marina. *Dhs195 per head, call 04-7011127.*

AOC French Brasserie, Sofitel Dubai Jumeirah

Treat family and friends to a lavish spread of mouth-watering traditional Arabic dishes such as mezzes, ouzi lamb, chicken tajines and delectable sweets. There's also a dedicated kids buffet with a play area and face painting available. *From Dhs170 per head, call 04-4484870.*



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Ice Cream*

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*Rich and creamy traditional kulfi ice cream
with pistachio and cashew nuts.*



Fusion flavours

Executive chef Hanafy El Sayed from the Kempinski Hotel Soma Bay, Red Sea, Egypt, shows us how to create an innovative dish combining a classic Indian ice cream and European-style berry sauce with a Middle Eastern dessert.

"This dessert blends different flavours with flair."



Chef Hanafy El Sayed



Kulfi Konafa nest

INGREDIENTS

FOR KONAFA NEST:

70g konafa dough

10g white sugar

15g ghee

FOR RASPBERRY SAUCE:

30g raspberries, sautéed

10g white sugar

5g water

FOR SESAME TULIP (to garnish):

2 white eggs

20g sugar powder

50g flour

20g melted butter

5g black and white sesame seeds

Caramel sauce, to serve (optional)

METHOD

1 Mix the konafa dough with the sugar and ghee. Create a circle and put it in the oven at 160C for 20 minutes. When done, keep aside to cool down.

2 To make the raspberry sauce, sauté raspberries and then add sugar and water. Then, cook for a further 5 minutes in a bain marie (or by placing in a bowl placed on top of a pot with boiling water. Put it through a blender until it reaches a smooth consistency.

3 For the tulip, mix the eggs, sugar powder, flour and melted butter with a mixer. Shape the dough into a spiral and sprinkle some of the black and white sesame. Bake at 150C for 10 to 12 mins.

4 To serve, place the konafa nest on a plate and carefully add one scoop of the ice cream. Gently place the sesame tulip on top and pour raspberry sauce on the side. You can also drizzle with some caramel sauce for added flavour.

Make this with:



1 Konafa dough, a popular Arabian dessert base, is the core ingredient for this dish.



2 Fresh raspberries in the sauce give the dish colour and flavour.



3 Black and white sesame seeds add a crunchy bite and texture.



KULFI

A rich and creamy traditional kulfi ice cream with pistachio and cashew nuts.



Ramadan at Shangri-La Hotel, Dubai



Al Bader Ballroom

Spend your Ramadan evenings in the beautiful surroundings of Al Bader Ballroom. Enjoy Iftar for individuals and groups in an Arabic themed setting with table and booth seating, majlis areas and a lavish buffet. The perfect venue to break your fast with family, friends or colleagues. Prices start from Dhs 155 per person inclusive of freshly squeezed juices and traditional Ramadan beverages.

Dunes Café and Marrakech

Enjoy an extensive Iftar buffet in Dunes Café with traditional Middle Eastern specialities and beverages. Enjoy a wide variety of grilled dishes while enjoying the sounds of a traditional oud player. Priced at Dhs 180 per person including soft drinks. Alternatively, traditional Moroccan and Middle Eastern specialities and beverages can be enjoyed at the Iftar buffet in Marrakech restaurant from sunset until 22:00 for just Dhs 165 per person for food and Ramadan beverages.

Whether with family, friends or colleagues, Shangri-La Hotel, Dubai has something for everyone this Ramadan.




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Shangri-La hotel
 DUBAI

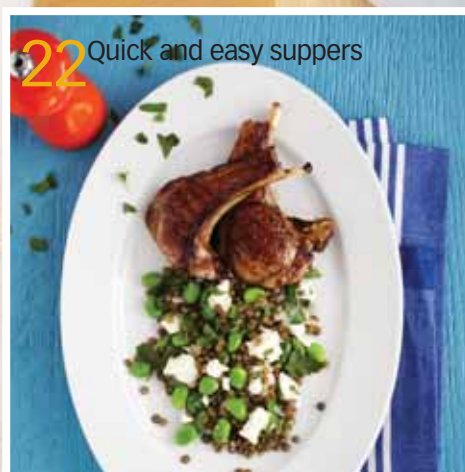
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Everyday recipes

Healthy, delicious mid-week meals



Fusilli with glorious
green spinach sauce,
recipe p27



22 Quick and easy suppers



32 Seasonal British food gets a
modern makeover



40 Summer weeknight desserts

EVERYDAY

Ready in 30

Speedy but stylish after-work suppers.

Recipes KATE CALDER Photographs LARA HOLMES

Lemon and dill bream with ciabatta, tomato and olive salad

SERVES 2 • 30 MINUTES • Easy

Dill a handful, roughly chopped

1 lemon, zested and juiced
olive oil

2 fillets sea bream or sea bass, skin on

2 ciabatta thick slices

2 beef tomatoes, sliced

black olives a handful,
pitted and halved

Basil a handful of leaves

1 Mix the dill, lemon zest and juice, 1 tbsp of oil and some seasoning in a small bowl. Pour half over the fish and leave to marinate for 10 minutes.

2 Toast the ciabatta then roughly chop into bite-size pieces. Toss with the tomato, olives and basil. Divide the salad between 2 plates.

3 Heat another tbsp of oil in a non-stick frying pan over a high heat. Wipe the marinade off the fish and then add to the pan skin side down. Cook for 3 minutes or until the skin browns and crisps up. Turn the heat down a little and flip the fish over for another minute of cooking or until cooked through. Put a fillet on each plate and pour the remaining dressing over the fish and the salad, and serve.

PER SERVING 387 kcals, protein 27.8g, carbs 25.3g, fat 19.4g, sat fat 2.3g, fibre 4.8g, salt 1.2g



Food styling LUZZE HARRIS | Styling MORA GFAQUHAR

Courgette and red onion cakes with avocado salsa

MAKES 12 ● 30 MINUTES ● Easy

200g plain flour
1 egg
200ml milk
2 courgettes, grated
1 red onion, halved and thinly sliced
Olive oil
1 large avocado, chopped
1 tbsp lemon juice
Coriander a small bunch, chopped
4 spring onions, sliced
Sour cream to serve

1 To make the batter, put the flour in a large bowl and make a well in the centre. Beat the egg with the milk and

then pour into the well in the flour and whisk to make a thick, smooth batter. Add the courgette and red onion. Add some seasoning and stir.

2 Heat the oven 120C/fan 100C. Heat a little oil in a wide non-stick frying pan. Add a large spoonful of the batter and fry for 3 minutes on each side or until golden and cooked through. Cook 3-4 cakes at a time (keep the cooked ones warm on a baking sheet in the oven while you cook the rest).

3 Mix the avocado with the lemon juice, coriander, spring onions and some seasoning. Serve the cakes with the salsa and sour cream on the side.

PER SERVING 115 kJals, protein 3.8g, carbs 14.5g, fat 4.6g, sat fat 1.1g, fibre 2.1g, salt 0g





Hot and sour aubergine with sticky rice

SERVES 2 • 30 MINUTES • **Easy**

150g sushi rice
1 onion, halved and sliced
1 aubergine, chopped into bite-sized pieces
1 tbsp vegetable oil
2 tbsp golden caster sugar
2 tbsp balsamic vinegar
2 tsp soy sauce, plus extra to serve
2 tsp cornflour
100g green beans, halved
1 red chilli, shredded, plus more to serve

1 Cook the rice following packet instructions. Fry the onion and aubergine in the oil in a wide shallow pan with a lid on until golden and softened. Stir every few minutes.
2 Mix the sugar and vinegar in a small bowl. Add the soy sauce and stir until the sugar dissolves. Add the cornflour and stir until it has dissolved.
3 Add the beans and red chilli to the pan and cook for 4 minutes with the lid on. Add the sweet and sour mix, stir and continue cooking for a further 2 minutes with the lid on. Serve with the rice, and extra soy and chillies on the side.
 PER SERVING 515 kcals, protein 10.8g, carbs 92.6g, fat 8.3g, sat fat 1g, fibre 10g, salt 1g



Chargrilled lamb with lentils, broad beans and feta

SERVES 2 • 30 MINUTES • **Easy**

100g puy lentils
100g broad beans
1 shallot, thinly sliced
Mint a handful, chopped
Parsley a handful, chopped
100g feta, crumbled
Olive oil
2 tbsp balsamic vinegar
4 large or 6 smaller lamb cutlets

1 Cook the lentils following the packet instructions. Put the broad beans in a sieve in the sink and pour over a full kettle of boiling water. Let cool and then pod, discarding the skins. Add the broad beans to the lentils for the last minute of cooking. Drain.
2 Mix the lentils and broad beans with the shallot, mint, parsley, feta, 2 tbsp of oil, the red wine vinegar and some seasoning.
3 Heat a griddle or pan to smoking hot. Rub the cutlets with oil and then season. Griddle for 3 minutes on each side or until cooked to your liking. Serve with the lentils.
 PER SERVING 805 kcals, protein 43.6g, carbs 27.3g, fat 57.5g, sat fat 25.6g, fibre 10.4g, salt 2g

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Life is Magnifique

Go veg

You don't need meat to make delicious pastas, as these light, perfect-for-summer recipes show.

Aubergine & goat's cheese pasta

SERVES 4 ● PREP 5 mins ● COOK 15 mins **Easy**  

300g penne
1 tbsp olive oil
1 onion, chopped
1 aubergine, cut into small chunks
400g can chopped tomatoes
Pinch sugar
Handful basil leaves
200g goat's cheese, cubed

1 Cook the pasta following pack instructions. Heat the oil in a pan, then gently fry the onion for about 5 mins, until softened.

2 Add the aubergine, cook for 3 mins more, then tip in the tomatoes and sugar. Bring to the boil, simmer for 5 mins, then stir through the basil and goat's cheese. Toss with the drained pasta and serve.


PER SERVING 484 kcals, protein 22g, carbs 64g, fat 17g, sat fat 9g, fibre 5g, sugar 8g, salt 1.12g



The sauce turns everyday into something special

Fusilli with glorious green spinach sauce

SERVES 4 ● PREP 10 mins ●

COOK 10 mins **Easy** **V** 

400g fusilli pasta spirals
225g bag baby spinach
1 garlic clove
250g tub mascarpone
Juice of ½ large lemon
30g grated Parmesan (or vegetarian alternative), plus extra to serve
55g pine nuts, lightly toasted

1 Cook pasta following pack instructions. Meanwhile, put half the spinach in a food processor with garlic, mascarpone, lemon juice and Parmesan, then whizz to a smooth sauce.

2 Drain the pasta thoroughly and return to the pan over low heat. Stir in sauce, pine nuts and remaining spinach, until spinach has wilted. Serve sprinkled with cheese.

PER SERVING 770 kcals, protein 20g, carbs 80g, fat 43g, sat fat 21g, fibre 5g, sugar 7g, salt 0.53g



Fresh flavour combination



A taste of Italy in less
than 20 minutes

Roasted ratatouille pasta

SERVES 2 • PREP 15 mins •

COOK 30 mins **Easy** **V** 

Superhealthy Counts as 1 of 5-a-day, high in fibre, **Lowfat**

- 1 small aubergine, trimmed and cut into chunks**
- 1 courgette, trimmed and cut into chunks**
- 1 red onion, thinly sliced**
- 2 garlic cloves, unpeeled and left whole**
- 1 tbsp olive oil**
- 200g tomatoes**
- 175g penne pasta**
- Good handful basil leaves**


1 Heat oven to 200C/180C fan. Tip veg and garlic into a roasting tin. Drizzle over oil, season and toss together. Roast for 20 mins, add tomatoes, roast for 10 mins.

2 Cook pasta following pack instructions, drain, reserving 4 tbsp of water. Tip pasta, water and basil into the veg and toss. Squeeze over the soft garlic, to serve.

PER SERVING 450 kcals, protein 15g, carbs 83g, fat 9g, sat fat 1g, fibre 9g, sugar 16g, salt 0.07g



Venetian-style pasta

SERVES 2 • PREP 5 mins • COOK 12 mins **Easy** **V** 

- 2 red onions, sliced**
- 1 tbsp olive oil**
- 200g pasta shapes**
- 4 tsp balsamic vinegar**
- 2 tbsp sultanas**
- 4 tsp capers, drained and rinsed well**
- 2 tbsp toasted pine nuts**
- 140g spinach leaves**

1 Start frying the onions in the oil in a non-stick frying pan – you'll need to cook them for about 10 mins until they're very soft. Meanwhile, cook the pasta following pack instructions.

2 Stir the vinegar, sultanas, capers and most of the pine nuts into the soft onions with some seasoning, then cook for 1 min more to soften the sultanas. Stir in the spinach with a splash of pasta water. Drain the pasta, then toss with the onion mix – the spinach should wilt as you do. Divide between 2 bowls, scatter with the remaining pine nuts and serve.

PER SERVING 568 kcals, protein 17g, carbs 97g, fat 15g, sat fat 2g, fibre 7g, sugar 21g, salt 0.74g



Good dish for entertaining

Creamy courgette lasagne

SERVES 4 ● PREP 10 mins ● COOK 20 mins **Easy** **V**

9 dried lasagne sheets
1 tbsp sunflower oil
1 onion, finely chopped
700g courgettes (about 6), coarsely grated
2 garlic cloves, crushed
250g tub ricotta
50g cheddar
350g jar tomato sauce for pasta

1 Heat oven to 220C/200C fan. Put a pan of water on to boil and cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

2 Meanwhile, heat the oil in a large frying pan and fry the onion. After 3 mins, add the courgettes and garlic. Continue to fry until the courgettes have softened and turned bright green. Stir in two-thirds of the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High, until hot.

3 In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins, until the pasta is tender and the cheese is golden.

PER SERVING 405 kcals, protein 18g, carbs 38g, fat 21g, sat fat 8g, fibre 4g, sugar 13g, salt 1.36g



Beany pasta pot

SERVES 4 Easily doubled ● PREP 5 mins ● COOK 15 mins **Easy** **V** **Superhealthy**

1 tbsp sunflower oil
1 onion, finely chopped
1 large apple, cored and chopped
410g can chopped tomatoes with garlic and herbs
300ml carton passata
290g tin borlotti beans, drained and rinsed
3 tbsp red pesto
300g leftover cooked pasta or 220g pack ready-to-use pasta

1 Heat oil in a pan and gently fry the onion for 3 mins. Stir in the apple and cook for 2-3 mins until both have softened. Stir in tomatoes, passata and beans.

2 Bring to boil, then simmer for 10 mins. Stir in pesto and pasta, mixing until pasta is heated. Serve in bowls with crusty bread.

PER SERVING 233 kcals, protein 10g, carbs 35g, fat 7g, sat fat 2g, fibre 5g, sugar 11g, salt 0.94g

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EVERYDAY

New British classics

Get into the London Olympics spirit with these quintessentially British dishes using seasonal ingredients. Recipes JANE HORNBY
Photographs STUART OVENDEN

CUCUMBERS


As well as the common long, smooth cucumber, look out for the shorter thick-skinned ridge cucumber – it's perfect for pickling.



Pickled cucumbers with dill & spice, recipe p32

Food styling JANE HORNBY | Styling JO HARRIS

Lamb tagliata with watercress & tomatoes

SERVES 4, easily doubled or halved ●
 PREP 10 mins plus marinating ● COOK
 5 mins **Easy**  1 of 5-a-day

Handful fresh rosemary,
 needles chopped
 2 tbsp extra virgin olive oil
 4 thick British boneless lamb leg
 steaks or steaks cut from lamb
 rumps (about 450g in total)
 250g baby plum tomatoes
 1 tbsp redcurrant jelly
 2 tbsp balsamic vinegar
 2 tbsp capers, drained and rinsed
 100g watercress, thick stems
 removed
 100g feta, crumbled
 Good crusty bread, to serve

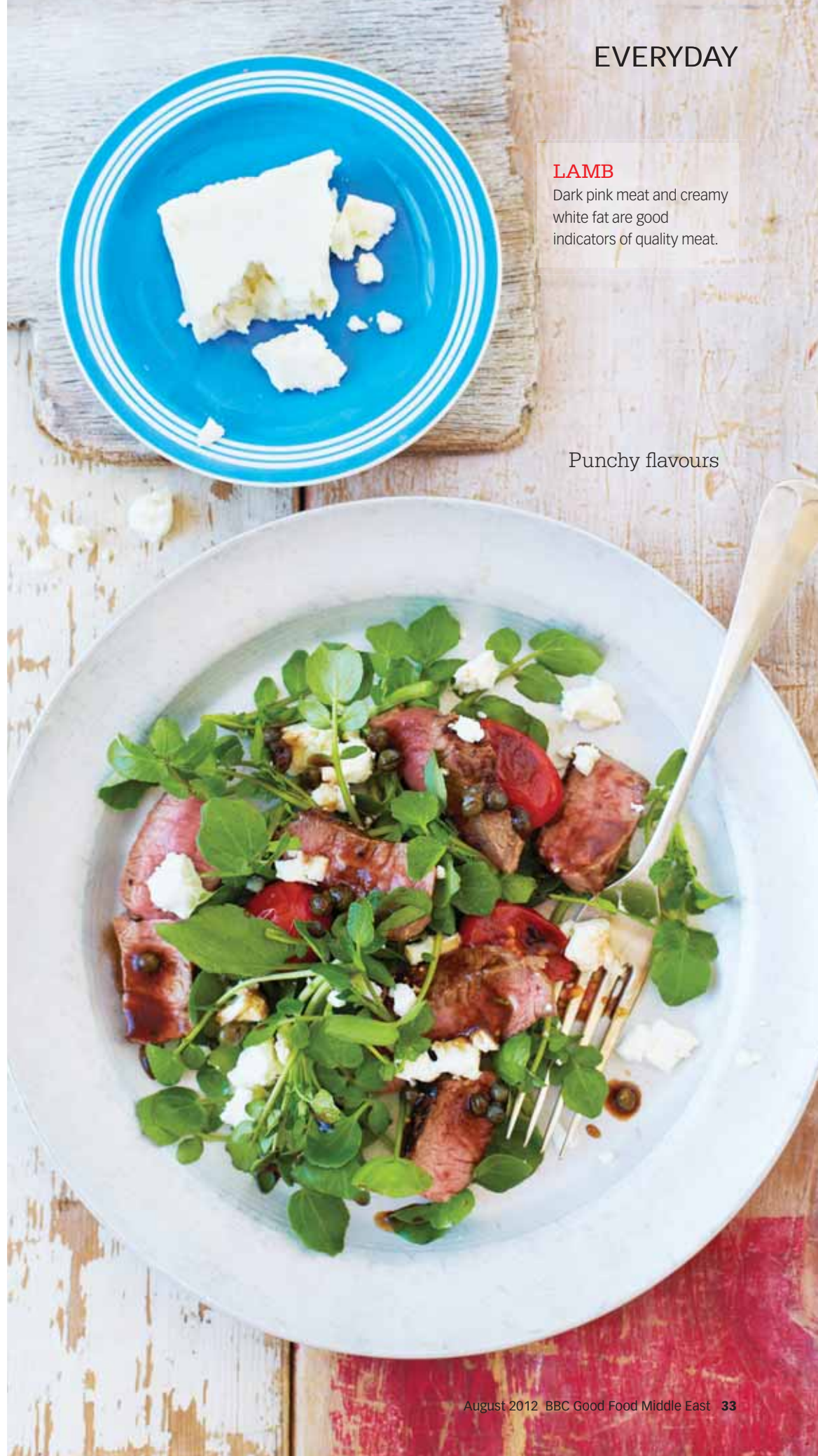
1 Rub the rosemary and 1 tbsp of the oil over the lamb, and leave to marinate for 30 mins at room temperature.
2 Heat a frying pan until very hot. Wipe most of the rosemary from the lamb, then season the steaks with plenty of flaky salt and freshly ground black pepper. Add the steaks and the tomatoes to the pan. Sear the meat for 2 mins on one side until golden, then turn and cook for 2 mins more. This will give pink lamb. Transfer the meat and tomatoes to a plate and leave to rest.
3 Take the pan from the heat. Spoon in the redcurrant jelly, pour in the vinegar and remaining oil, then whisk to make a warm dressing. Add the capers, plus any juices from the lamb plate.
4 Slice the lamb thickly on an angle. Spread over a large platter with the watercress and tomatoes, then finish with a crumbling of cheese. Spoon over the warm dressing and enjoy straight away with crusty bread.

PER SERVING 334 kcals, protein 28g, carbs 6g, fat 22g, sat fat 8g, fibre 2g, sugar 6g, salt 1.4g

LAMB

Dark pink meat and creamy white fat are good indicators of quality meat.




Punchy flavours



EVERYDAY



Pickled cucumbers with dill & spice

MAKES ABOUT 3 X 450G JARS ● PREP 20 mins plus overnight soaking ● COOK 5 mins **Easy**   

3 medium cucumbers
1 large onion, thinly sliced
85g sea salt flakes
500ml cider vinegar
250g granulated sugar
1 tsp coriander seeds
2 tsp yellow mustard seeds
1 tsp peppercorns
1 tsp ground turmeric
Small bunch dill

1 Wash the cucumbers, split along their length and scoop out the seeds. Cut each half into finger-length chunks, then cut into 5mm strips. Mix with the onion and salt in a large bowl, cover and leave to soak overnight.

2 Next day, drain the juices, rinse the vegetables in cold water and drain well. Put the vinegar, sugar and spices into a very large saucepan and heat gently until the sugar has dissolved. Simmer for 5 mins to let the flavours infuse.

3 Add the vegetables and bring the pan to a rolling boil over a high heat, stirring now and again. Boil for 1 min, then remove pan from the heat. Tear in the dill, then pack into sterilised jars, making sure that no air bubbles are trapped inside.

Store in a cool, dark place until ready to use.

PER SERVING 32 kcals, protein 1g, carbs 6g, fat none, sat fat none, fibre 1g, sugar 6g, salt 0.4g



PICKLES ARE GREAT WITH:

Sausage sandwiches

Grill or barbecue your favourite **sausages** until golden and cooked through. Butter thickly sliced **crusty white bread**, spread with **Dijon mustard**, then top with the sausages. Add a scoop of **cucumber pickle**, then tuck in and serve with **tomato ketchup**, if you like.



Easy poached salmon with salsa verde

SERVES 6 ● PREP 15 mins plus cooling ● COOK 10 mins **Easy**  

Heart healthy low calorie, good for you

FOR THE FISH

1 tsp peppercorns
200ml white wine vinegar
1 fennel bulb, thinly sliced
2 bay leaves
Few parsley stalks (from the bunch used for salsa verde)
1kg piece British salmon fillet, skin on
Few lemon slices

FOR THE SALSA VERDE

3 or 4 garlic cloves
5 anchovy fillets, rinsed if packed in salt
Zest and juice of 2 unwaxed lemons
Large bunch flat-leaf parsley, leaves and stems
Large bunch basil, leaves and stems
4 tbsp capers, drained and rinsed
6 tbsp rapeseed or extra virgin olive oil
Steamed Jersey Royal potatoes, buttered, and asparagus, to serve

1 First make the poaching liquid for the fish. Put the peppercorns, 2 tsp salt, vinegar, fennel, bay leaves and parsley stalks in a saucepan with 2.5 litres of water, and bring to the boil. Boil for 10 mins so all the flavours infuse into the liquid.

2 Make sure that you choose a roasting tin big enough to hold the salmon fillet. Strain the liquid into the empty tin, bring to the boil on the hob, then add the fish, skin-side down, making sure it is covered in liquid. Scatter around the lemon slices, and simmer gently for 1-2 mins until the fish changes colour completely. Cover the surface with a large piece of foil, turn off the heat and leave to cool completely. The fish will cook as the liquid cools.

3 To make the salsa verde, put all the ingredients into the bowl of a food processor, then blitz to make a bright, slightly chunky sauce. Season to taste.

4 Carefully remove the salmon to a serving platter and peel away the skin if you like. Serve with the salsa verde, new potatoes and asparagus.

PER SERVING 415 kcals, protein 35g, carbs 1g, fat 30g, sat fat 4g, fibre 1g, sugar 1g, salt 1.2g



Easy poached salmon
with salsa verde

SALMON

Organically farmed salmon will give you the best flavour, and you'll know it has probably been reared according to welfare standards.



Soft-boiled egg, bacon & watercress salad

SERVES 2 • PREP 10 mins plus marinating • COOK 5 mins Easy V P

- 2 large eggs, at room temperature
- 1 shallot, very finely chopped
- 1 tbsp balsamic vinegar
- 1 heaped tsp wholegrain mustard
- 2 tbsp rapeseed oil
- Handful chives, snipped (optional)
- 4 thick rashers streaky smoked dry-cured bacon
- 2 slices good white crusty bread (ideally sourdough)
- 2 good handfuls British watercress, thick stems removed

1 Put the eggs in a pan of cold water and bring to the boil. Boil for 3 mins, then lift into a bowl of iced water and cool completely. Very carefully peel away the shells. Leave the eggs in the iced water until you finish the recipe, or for up to 1 hr ahead.

2 Mix the shallot with the vinegar and a pinch of salt, then set aside for a few minutes to soften. Whisk in the mustard, oil and chives, if using, to make a dressing.

3 Heat the grill to low-medium and cook the bacon until crisp right through. Remove the bacon, then brush the bacon juice and fat all over the bread. Grill the bread for about 1 min on each side until crisp, then cut into soldiers and keep warm.

4 Just before serving, bring the pan of water back to the boil and add the eggs. Boil for 1 min to reheat. Toss the dressing with the watercress and divide between 2 plates. Top with an egg and 2 rashers of bacon, with the toast to the side. The egg yolks will still be runny inside.

PER SERVING 438 kcals, protein 21g, carbs 26g, fat 28g, sat fat 6g, fibre 2g, sugar 1g, salt 3.3g

TIP If you have more than one box of eggs to choose from, use the older ones. You'll find them easier to peel.

Strawberry compote with sugared drop scones

SERVES 4 • PREP 5 mins plus cooling • COOK 10 mins Easy V P Good source of vitamin C, 1 of 5-a-day

FOR THE COMPOTE

- 500g ripe strawberries, hulled
- 4 tbsp caster sugar
- 2 tbsp lemon juice
- few drops balsamic vinegar (optional)

FOR THE DROP SCONES

- 25g unsalted butter
- 140g self-raising flour
- pinch of fine salt
- 1 tbsp white caster sugar, plus extra for tossing
- 1 large egg
- 1 tsp vanilla extract
- 150ml semi-skimmed milk
- Vanilla ice cream, to serve

1 Cut the strawberries in half or in quarters if large, and put in a pan with the sugar and lemon juice. Heat gently until the sugar dissolves, then bring to a simmer. Cover the pan and cook the strawberries for 3 mins or until dark red and syrupy. Cool, then add the balsamic vinegar, if using. *The compote can be stored in the fridge for up to 2 weeks.*

2 To make the drop scones, the best flavour and golden colour will come from cooking them in clarified butter. Melt the butter gently in a small pan, then pour the clear yellow layer into a jug. Discard the white solids.

3 Sift the flour and salt into a mixing bowl, and stir in the sugar. Make a well in the middle, crack in the egg, then add the vanilla and a splash of milk. Whisk until thick and smooth, then whisk in the remaining milk. Put a few tbsp extra caster sugar in a shallow container, ready for sugaring the drop scones.

4 Heat a non-stick frying pan, then add a splash of clarified butter and swirl it around. Spoon in 4 dessertspoons of the batter, spacing them well apart, to make drop scones about 7cm across. As soon as bubbles appear on the surface, flip the scones and cook until puffed in the middle. Keep warm while you cook another batch. Toss the scones in the caster sugar, then serve with strawberry compote and a scoop of ice cream.

PER SERVING 332 kcals, protein 7g, carbs 60g, fat 8g, sat fat 4g, fibre 3g, sugar 35g, salt 0.7g

STRAWBERRIES

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Enjoy while
watching the games

5 ways with canned fish

Oily fish – packed with omega-3s – is a good storecupboard staple.

Creamy mackerel with baked potatoes

SERVES 4 • PREP 10 mins • COOK 1 hr

Easy **Good source of omega-3**

Bake **4 potatoes** at 180C/160C fan for about 1 hr. Drain a **125g can mackerel** in **sunflower oil**, tip into a bowl and stir through **4 sliced spring onions**, **1 tsp horseradish sauce** and a **200ml tub half-fat crème fraîche**. Add seasoning, then divide between the halved potatoes.

PER SERVING 386 kcals, protein 13g, carbs 59g, fat 13g, sat fat 6g, fibre 5g, sugar 4g, salt 0.29g

Salmon kedgeree

SERVES 4 • PREP 10 mins • COOK 15 mins

Easy **Superhealthy** **Good source of omega-3, Heart healthy**

Hard-boil **4 eggs**, cool under cold running water, shell and halve. Heat **1 tbsp vegetable oil** in a frying pan, add **1 chopped onion** and **1 crushed garlic clove** and cook for 5 mins. Stir in **1 tsp cayenne pepper**, **350g brown rice** cooked following pack instructions, and a **418g can red salmon**, drained and flaked. Cook for 4 mins, add **½ bunch chopped parsley** and seasoning. Serve with hard-boiled eggs on top.

PER SERVING 574 kcals, protein 32g, carbs 72g, fat 20g, sat fat 4g, fibre 2g, sugar 1g, salt 1.08g

Pink salmon, avocado & watercress salad

SERVES 4 • PREP 5 mins • NO COOK

Easy **Superhealthy** **Good source of omega-3, Heart healthy**

Mix **2 tbsp olive oil**, **1 tsp Dijon mustard** and **juice 1 lemon** with some seasoning. Add **1 diced avocado**, **1 chopped red onion**, and a **418g can pink salmon**, drained and flaked. Sprinkle this mix over a **100g bag watercress** and serve immediately, with **crusty bread**.

PER SERVING 187 kcals, protein 21g, carbs none, fat 11g, sat fat 2g, fibre none, sugar none, salt 1.05g

Sardine puttanesca

SERVES 4 • PREP 5 mins • COOK 15 mins **Easy** **Good source of omega-3**

Cook **350g wholewheat spaghetti** following pack instructions. Meanwhile, heat **1 tbsp olive oil** in a frying pan and add a **425g can sardines in tomato sauce**, **1 crushed garlic clove**, **1 tbsp balsamic vinegar**, large handful halved **black olives**, **2 tbsp capers**, drained, and **¼ tsp chilli flakes**.

Cook for 5 mins. Drain the pasta, stir through the sauce and scatter over **½ small bunch chopped basil** to serve.

PER SERVING 479 kcals, protein 30g, carbs 60g, fat 15g, sat fat 3g, fibre 8g, sugar 4g, salt 1.66g

Spanish sardines on toast

SERVES 2 • PREP 5 mins • COOK 5 mins

Easy

Superhealthy **Good source of calcium and omega-3**

Heat **1 tbsp olive oil** in a frying pan, then sizzle **1 garlic clove**, **1 red chilli**, deseeded and chopped, and add **zest 1 lemon**.

Add **2 x 120g cans drained sardines in sunflower oil**, and heat through for a few mins until warm. Toast **4 slices brown bread**. Stir **½ small bunch chopped parsley** into the sardines, add a **squeeze of lemon juice**, then divide between the toast and serve.

PER SERVING 420 kcals, protein 29g, carbs 31g, fat 21g, sat fat 4g, fibre 3g, sugar 3g, salt 1.81g



Recipes KATY GREENWOOD | Photographs DAVID MUNN | Food styling JAYNE CROSS

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EVERYDAY

Easy ices

Light, frozen puddings for the occasional midweek treat.



Cherry ripple & almond crunch ice cream

SERVES 2 WITH LEFTOVERS ● PREP 20 MINS PLUS FREEZING ● COOK 25 MINS ● **Moderately easy** ❄️

400g ripe cherries (pick the darkest cherries you can)
85g caster sugar, plus 2 tbsp
300ml tub whipping cream
2 tbsp icing sugar
500g pot ready-made vanilla custard
A little vegetable oil, for greasing
1 heaped tbsp toasted flaked almonds
Almond biscotti, to serve

1 Remove the stalks and stones from 300g cherries, then roughly chop. Put into a medium pan, add 85g caster sugar, then cook very gently for 10 mins until the sugar melts. Turn up the heat a little, then simmer for 15 mins until softened and surrounded by a syrupy sauce. Cool completely.

2 Meanwhile, put the cream, icing sugar and Disaronno into a large bowl. Whip the cream until it just holds its shape. Fold in the custard, then churn in an ice-cream machine until very thick.

3 For the almond crunch, lightly oil a baking sheet. Gently heat 2 tbsp caster sugar into a non-stick pan, until the sugar melts. Swirl or stir the sugar a few times if it melts unevenly, then bubble for 30 secs or until the sugar turns to amber caramel. Stir in the nuts, then pour onto the sheet. Cool completely until brittle. Snap into chunks, then put into a food bag and crush with a rolling pin.

4 Spoon the soft ice cream into a freezer-proof container, then spoon over ribbons of the syrupy cherries and scatter with the crunchy nut caramel. Ripple through a few times with a knife. Freeze for at least 6 hrs, or ideally overnight. Serve with the whole cherries and almond biscotti.

PER SCOOP (8) 334 kcals, protein 3g, carbs 36g, fat 20g, sat fat 12g, fibre 1g, sugar 33g, salt 0.11g

No stir ice cream

SERVES 6 ● TAKES 15 MINS PLUS FREEZING ● **Easy** ❄️

4 eggs
1 tsp vanilla extract
140g caster sugar
300ml pot double cream

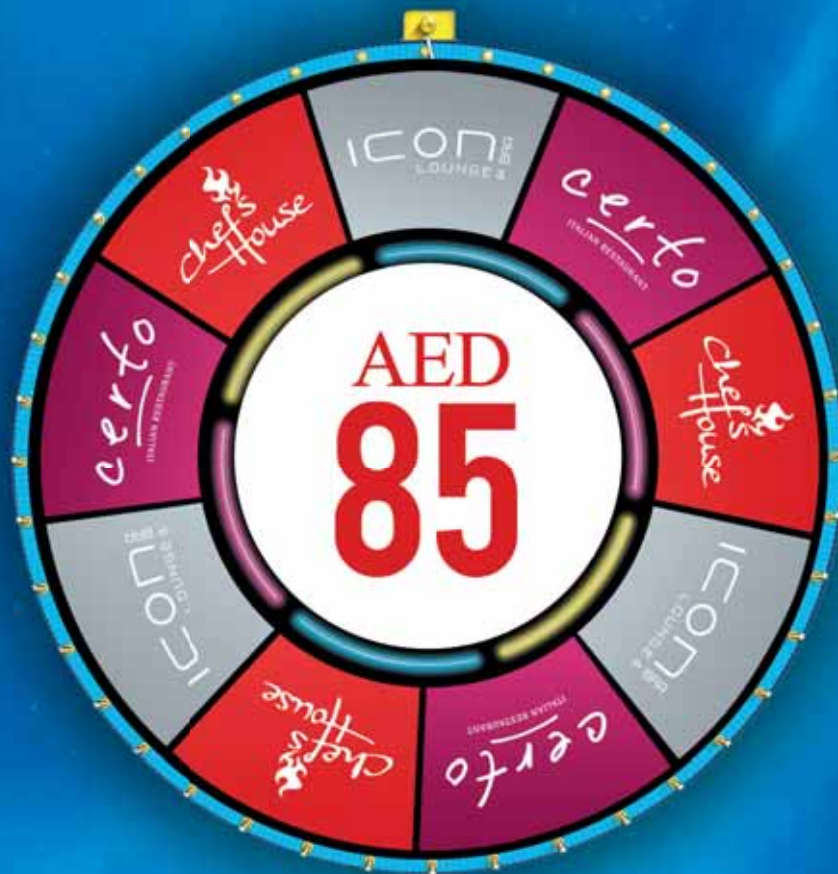
1 Separate the eggs. Beat the yolks and vanilla extract with an electric whisk until light and foamy.

2 Clean the whisk, then in another bowl, whisk the egg whites, gradually adding the caster sugar until it is thick and glossy, a bit like meringue.

3 Lightly whip the cream until it softly holds its shape. Mix with the yolks and egg white mixture until everything is combined. Tip into a container, cover and freeze until solid. Take out 10 mins before serving.

PER SERVING 392 kcals, protein 5g, carbs 24g, fat 31g, sat fat 18g, fibre none, sugar 24g, salt 0.10g





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★ Chef's Bites

Interviews with culinary experts from the UAE and beyond, plus exclusive recipes



★ **44** Authentic mum's kitchen recipes for an Arabian Eid feast



★ **48** Local cuisine by an Emirati chef



★ **50** Top Turkish chef reveals his comfort food

Zucchini goat cheese roll with citrus avocado marinade, recipe p55



A festive feast



Eid celebrations are synonymous with indulgent feasts around the family dining table. We asked Lebanese home chef Amne Fakhri to share her personal recipes for a traditional Eid meal.

Photographs CRIS MEJORADA

Amne Kraike Fakhri is a guest chef at Fairmont Dubai, tasked with bringing the authentic flavours of home-style Lebanese cooking to Dubai diners, as part of their ongoing Mama of the month series. Amne was born and raised in a city named Sour, in southern Lebanon, where she began cooking at the tender age of eight, by assisting her mother in the kitchen.

When Amne cooks Eid feasts for her extended family of 30 members, she prefers using fresh, simple ingredients such as zaatar and thyme and believes in making meals that are not only tasty but also nutritious. A typical Eid meal would involve a lavish mezze, kebabs and of course, sweet treats. Here she shows us how to create some of her family's favourite dishes.

‘I’ve chosen these dishes as they are truly authentic and reflect my family’s favorites. I would often prepare these dishes with my children during Eid festivities.’



Sfiha

SERVES 5

FOR THE PASTRY DOUGH

- 1 packet dry yeast**
- 1 cup warm water**
- 1 tsp sugar**
- 2 tbsp olive oil**
- 3 cups flour**

FOR THE MEAT MIXTURE

- ½ kg ground lamb meat**
- 1 kg firm tomatoes, finely chopped**
- 5 medium onions, finely chopped**
- 1 tsp salt**
- A dash of chili powder, ground cinnamon, coriander, black pepper, white pepper, cumin and all spice.**
- 2 tbsp butter, diced**
- 2 tbsp yoghurt**
- 1 tbsp tahini (sesame paste)**
- 1 tbsp pomegranate thickened juice (if available)**
- 4 tbsp fried pine nuts**
- Yoghurt, to serve**

1 To make the dough, combine yeast, water and sugar and allow it to sit for

ten minutes. Slowly add olive oil and combine. Add the flour, half cup at a time until it is all combined. Add a bit of water if you feel the need, or if the dough seems a bit dry.

2 To make the meat mixture, mix meat, tomatoes, onion and spices together well. Add yoghurt, tahini and pomegranate. Mix with fried pine nuts and add butter. Stir thoroughly.

3 To make the sfiha, divide dough into small balls (about the size of a walnut). Roll between your palms until they are smooth and even.

4 Using a rolling pin, roll out balls in small circles (approx. 8cm in diameter) and add one tablespoon of the meat mixture in the middle of the circle.

5 Bring the edges of the dough upwards and squeeze to create a square shape.

6 Arrange pastries on a tray brushed with butter. Place pine nuts on top and bake in an oven at 180C for 30 minutes or until the pastry is golden and meat is cooked.

7 Serve hot with yoghurt on the side.



Fattoush

SERVES 5

- 1 head romaine lettuce
- 1 head watercress
- 1 cup mint leaves, chopped
- 1 cup parsley, chopped
- 4 radishes, sliced
- 4 cucumbers, shaved
- 1 green pepper, chopped
- ¼ cup lemon juice
- 4 tomatoes, sliced
- 3 cups Arabic bread, cut into small squares
- 3 tbsp sumac, spice
- 1 tsp salt
- 2 green onion
- 1 tsp black pepper
- 2 cloves ground garlic
- ½ cup olive oil
- ¼ cup pomegranate seeds for garnish (optional)

- 1 Wash the vegetables thoroughly and chop. Mix together in a large bowl.
- 2 Mix lemon juice, olive oil and garlic together in a small bowl. Add this vinaigrette to the vegetables and stir well.
- 3 In a pan, over a low heat, toast the bread lightly until crispy.
- 4 Remove from heat and allow it to cool. Add 1 cup of the fried bread to the vegetables and mix together.
- 5 To serve, garnish with some more of the fried bread and pomegranate seeds, if you like.

TIP Serve the Babaganoush and Fattoush with Arabic bread, alongside the Sfiha, in a mezze-style spread.



CHEF'S BITES

Babaganoush

SERVES 5

- 2 large eggplants
- 1 green pepper
- 3 tbsp lemon juice
- 3 small spring onions, chopped
- Pinch of salt
- 4 tbsp olive oil
- 1 tomato, chopped
- 1 radish, chopped
- Parsley, chopped, for garnish

- 1 Chargrill the eggplant and cook until tender.
- 2 Peel the eggplant and chop roughly. Mash it up, then add the green pepper, lemon juice, spring onions and salt. Mix well until they are all combined.
- 3 Drizzle olive oil on top and add chopped tomatoes and radishes. Garnish with parsley to serve.



Grilled Kofta

SERVES 5

- ½ pound ground lamb
- ½ pound ground beef
- ½ cups parsley, finely chopped
- ½ cups onion, finely chopped
- 2 tbsp ground allspice
- 2 cloves minced garlic
- 1 tbsp garlic powder
- ½ tsp ground paprika
- ½ tsp ground black pepper
- 1 tsp salt
- ⅓ cups bread crumbs
- 1 whole egg
- 3 pcs pita bread
- 2-3 tbsp garlic mayonnaise, to serve

- 1** Preheat a grill to high heat. Mix all of the ingredients thoroughly in a large glass bowl.
- 2** Wet fingers and hands and mould meat mixture around skewers in an oblong log shape.
- 3** Grill until meat is no longer pink. Be careful not to overcook, but ensure that the meat is cooked through.
- 4** Place the grilled kofta on top of pita bread and serve with garlic mayonnaise.

🕒 *During Ramadan, we make sure to give food such as rice, barley and dates, to the poor, to ensure that the needy have a holiday meal too and can participate in the celebrations.* 🕒

HEAD OUT:

You can get a taste of Mama Amne's home-style cooking at the Iftar buffet, at Spectrum on One, Fairmont Dubai. Dhs165 per head, call 04-3118316.

Baklava

MAKES 20PCS

- 1 cup butter, melted**
- 1 package filo pastry**
- ¾ cup unsalted pistachio nuts, finely chopped**
- ⅓ cup sugar**
- ⅓ cup honey**
- 2 tsp cinnamon**
- 2 tsp lemon juice**

- 1** In a bowl, combine nuts and ½ cup butter.
- 2** Preheat oven to 175C. Butter a 15x10 baking tray and layer eight sheets of filo pastry in the pan. Dip a pastry brush into the remaining melted butter and brush on each sheet.
- 3** Spread the nut mixture over the pastry and cover with the remaining filo sheets, buttering each sheet on top. Cut the baklava into small rectangles.
- 4** Bake for 50 mins or until golden brown.
- 5** During the last stage of baking (about 20 minutes in) combine sugar, honey, cinnamon, and lemon juice in a small saucepan. Bring to a boil, making sure that the sugar is completely dissolved. Reduce heat and allow the mixture to simmer for five minutes to form a syrup.
- 6** Remove the baklava from the oven, immediately pour the syrup over the top to allow it to soak into the layers.
- 7** Allow to cool at room temperature. Place on a tray and serve.



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Eid dining, the local way

Celebrate the occasion with family and friends by cooking this delicious menu of Emirati favourites, created by Executive Chef Ali Ebdowa from Mezlai, Emirates Palace Abu Dhabi.

Photographs CRIS MEJORADA



Squid hammsat with moutabel

SERVES 4

600g baby squid
100g local spices
400g coriander leaves
400g shallots, chopped
400g yoghurt
60g salt
400ml lemon juice
200ml corn oil
600g eggplant
100g garlic, chopped
200g tahina
200g cherry tomato, halved
1/4 tsp sesame seeds, for garnish
1 tsp pomegranate molasses (optional)

1 Boil the baby squid in 2 litres water for 15 minutes and strain. Keep aside.

2 In a saucepan, sauté garlic, cooked squid, salt, pepper, local spices, shallots, lemon juice and coriander leaves in corn oil. Toss together for 3 mins and keep aside.

3 To make the moutabel, grill the eggplant. Once it is tender, peel and set aside to cool down for 30 minutes. After it is cooled, combine the eggplant, yoghurt and tahina in a bowl. Mix well to make a smooth paste.

4 To serve, place squid on one side of the plate and garnish with the cherry tomatoes. Next to it, place the moutabel and sprinkle sesame seeds on top. Drizzle some pomegranate molasses on the plate, if you like.

Mezlai, UAE's first fine dining Emirati restaurant, offers a rare taste of authentic local cuisine, in a luxurious setting. Award-winning Emirati chef Ali Ebdowa, who has previously worked for prestigious hotels such as Burj Al Arab and is also a regular on TV cooking shows, makes giving people an insight into his country's culinary culture, his mission.

Tuna tahata

SERVES 4

200g ghee
200ml corn oil
200ml olive oil
400g red onion
200g tomato
200g tomato paste
100g turmeric powder
60g white pepper powder
100g Arabic spices (bazaar)
1kg tuna fillet, cut into big steak
400g rice
200ml lemon juice
40g salt
Handful of basil leaves or red radish leaves, to garnish

- 1** Heat the ghee, corn oil and olive oil in a saucepan. Add the onion and sauté until they turn golden.
- 2** Add the tomato, all the powders and spices and tomato paste. Mix well and keep aside.
- 3** Sear the tuna in a separate pan for 5 minutes. In a pot, add tomato spice mix and place seared tuna on top.
- 4.** Add the rice, lemon juice and 800ml water to the tuna and tomato mix. Cover with lid and cook for 15 minutes. Make sure the tuna stays under the rice.
- 5** To serve, carefully flip the pot onto a large plate. This way the tomato paste will be right on top, with the tuna and rice underneath.
- 6** Garnish with basil leaves or red radish leaves and serve.



Chebab

SERVES 4

400g white flour
8 eggs
400g sugar
400g milk powder
20g yeast
20g salt
4g saffron
200ml water
2 tsp sunflower oil
FOR THE ORANGE SYRUP
200ml orange juice
400g cinnamon stick

- 1** To make the chebab dough, mix the egg, flour, 100g sugar, milk powder, yeast, salt, saffron and 200ml of water. Cover and keep aside in a warm space (slightly warmer than room temperature, like the kitchen) for 30 minutes.
- 2** To make the orange syrup, combine the rest of the sugar, orange juice and cinnamon. Boil for 30 minutes and set aside.
- 3** In a non-stick pan, heat the oil and pour generous spoonfuls of dough mixture to the pan, as though making pancakes. Fry until they turn golden brown.
- 4** To serve, roll pancakes into small cylindrical shape. Serve with orange syrup on the side.

Turkish delight



Turkey's cuisine is known for its fragrant aromas and complex, layered flavours. Turkish chef Kasim Senturk, culinary director of Rixos The Palm Dubai, shares an authentic three course menu that you can recreate at home.

Text NICOLA MONTEATH Photographs CRIS MEJORADA



While most of his 15 year old friends were out having fun, travelling, or just relaxing in their spare time, chef Kasim Senturk, culinary director at the newly opened Turkish hotel Rixos The Palm Dubai, was going through an intensive culinary training. "My passion for cooking began in 1984 when my parents sent me to work with my uncle who was an executive chef," says Kasim. Completely self-taught, he then took up a two year apprenticeship right after graduating from school, to learn all the tricks of the trade.

Kasim takes his love for cooking, not just for taste, but also for health, very seriously, "When I was young I used to play football whenever I could. I remember all the chefs in the kitchen were fond of me and were always worried about my poor diet. I knew I needed to eat better to gain energy, which is when I began understanding the importance of healthy eating. Since then, I started cooking passionately and with a clear understanding," he says.

The award winning chef is not just popular in the kitchen, but also on television, having successfully participated in a documentary on the 'Cultural Art & Gastronomy festival' which reflected Turkey's rich culture and gastronomy, introducing the tastes and traditions of different regions. "It was an exciting experience as I had the pleasure of teaching and introducing viewers

to new ideas, foods and methods that could easily be tried at home," says Kasim.

His love for his hometown Samsun, on Turkey's northern coast, and its unique, aromatic cuisine is evident when he speaks. "I came to Dubai as I didn't want to miss out on a great opportunity to represent Turkish cuisine. Many people know of the country and its scenic beauty, but the cuisine is the best way to represent the beautiful country where tradition meets with modernity," says Kasim.

Turkish cuisine has been largely based on the country's Ottoman heritage, and incorporates influences from North African, Middle Eastern, Anatolian and Balkan cuisine, as well as that of Mediterranean regions. There's also several variations in the different regions across the country. For example, in Istanbul, Bursa and Izmir, fewer spices are used in dishes, while seafood and fish is used extensively. In the western part of the country, olive trees are grown in abundance, which explains the usage of olive oil in most of the dishes.

From fresh, delicious street-style food such as doner kebabs, to opulent, fit-for-emperors Ottoman-style dishes, Turkish cuisine is as varied as it is unique.

Here, Chef Kasim shares his love for his country with three hand-picked recipes that truly reflect the country's traditional cuisine.

Ezogelin soup

SERVES 4

70g red lentil
50g sunflower oil
50g onion
50g tomato paste
30g pepper paste
30g butter
25g bulgur wheat
25g flour
10g dry mint
5g chili pepper
5g garlic
Salt & pepper, to taste

1 Place the lentil and bulgur in a large pot. Add 6-7 cups warm water and bring to a boil over high heat. Close the lid and cook over low heat until all the grains are cooked (for about 20-30 minutes).

2 In a saucepan, over medium heat, add butter, sunflower oil, onions and garlic. Slowly add flour and sauté till it turns yellow. Stir in the tomato paste and pepper paste, mint, and chili pepper. Cook for 2 mins, then add 2 cups cold water. Stir well to dissolve the flour particles inside.

3 Pour this mixture into the pot and add salt. To adjust thickness, add water. Once the soup boils, close the lid halfway and simmer over low heat for 10 minutes. Serve warm.



Hunkar begendi (Sultan's delight)

SERVES 4

500g eggplant
250g beef cubes
100g tomato paste
50g flour
100g sunflower oil
100g milk
50g onion
50g butter
40g Kashkaval cheese
10g garlic

1 Cook the beef cubes with 2 cups of water. While cooking, remove the foam from the surface as it forms. When water is almost absorbed, add the onion and garlic and cook for 5 mins on medium-low heat.

2 Add the tomato paste, salt and pepper, cover with a lid and cook for 15 mins on medium-low heat.

3 Grill the eggplants until soft. Peel and cut off the tops. Remove any hard and large pulp inside the eggplants.

4 Melt the butter in a large pot, then add flour, salt and pepper. Keep stirring with a wooden spoon until blended well. Add the eggplants and mash with a fork. Slowly pour in the milk and add the Kashkaval cheese and then beat with a small egg beater until it reaches a smooth consistency.

5 Place the mashed eggplants on a plate with the meat cubes in the center, and serve.

Kabak Tatlisi (Pumpkin dessert)

SERVES 4

1 kg pumpkin
1 kg granulated sugar
50g tahini
1 pcs cinnamon stick
200g walnuts, chopped
Fresh berries, to serve (optional)

1 Peel the pumpkin, remove the seeds and slice into 6 pieces.

2 Place in a pot and cover with granulated sugar. The pumpkin will release water when it is resting.

3 Add 2 cups of water and the cinnamon stick, and cook for 40-50 mins on medium heat.

4 Place cooked pumpkins on an oven tray and bake for 10 mins at 220C. Keep aside to cool.

5 When the pumpkin gets cold, place on a plate and pour tahini on top. Sprinkle with the walnuts and some berries, if you like, and serve.



Spa-licious!

Light, vegetarian spa-inspired foods are ideal for summer. Gabrielle Kurz, Resort Wellbeing Chef at Madinat Jumeirah, shows how to give your diet a spa makeover. Text SUDESHNA GHOSH Photographs CRIS MEJORADA



Forget boring steamed veggies and bland soups, eating light and healthy can be surprisingly delicious – if done right. As Gabrielle Kurz, Resort Wellbeing chef at Madinat Jumeirah (or Chef Gaby as she is popularly known) explains, “It is important to not just blanch vegetables in water and serve with some olive oil and salt on top – this is common, but is totally boring on the plate! Think how meat or fish is treated before it is cooked. It is marinated, seasoned or stuffed to enhance flavor. This needs to be translated into a plant-based cuisine to make it delicious and interesting too.”

Defining spa cuisine as food that is based on natural, organic and wholesome ingredients, combined to nourish our cells that build a healthy and beautiful body, Chef Gaby further emphasises that spa cuisine isn't just something you experiment with on the occasional visit to the spa, but it is simple enough to be incorporated into everyday life too.

“Most foods offered and consumed today are devitalised by processing and cooking. Foods are so heavily processed they become concentrated with harmful compounds,” she says. “However, spa cuisine is closer to nature and keeps natural products the way they are. The less food is cooked or processed with heat or too many steps of preparation, the more health benefits remain to be absorbed by our body.”

“Spa cuisine relies heavily on raw foods such as salads, fresh pressed juices and sprouts – all this is not complicated to make. But, of course it is important to understand the cuisine, what combines well with each other and what are good preparation methods for each ingredient,” she adds.

While spa cuisine isn't necessarily completely vegetarian, Chef Gaby recommends eating more vegetarian food as part of a healthy eating plan. “Vegetarian food has several benefits. For example, it helps to reduce acidity in our system, supports detoxification and slows down the ageing process through its richness in antioxidants,” she says.

She also advocates a focus on live foods in order to maximise the nutritional benefits of each ingredient. “Live foods are foods which have been recently collected, grown in good soils, are uncooked, sprouted, or have been naturally fermented like yoghurt and miso. They are not only extremely nutritious and easily digested, but live foods build life force giving us vitality and stamina,” Chef Gaby explains.

Spa cuisine is based on a few simple principles. A daily diet containing a colourful and fresh variety of fruits and vegetables; nuts, legumes and wholegrain products; a good selection of raw food; and minimal junk food, sugary soft drinks, white flour, white sugar, and deep fried food. It is that easy! If you aren't convinced, try these recipes at home to see it really isn't difficult to take a step in the direction of promoting health and beauty from the inside out. Your body will thank you for it!



Chef Gaby's rules of thumb for spa-style eating:

- **Quality:** Use the best quality ingredients, and try and go for fresh, organic and natural.
- **Variety:** Eat a rainbow of colours, including black and white. For example, black berries over purple like red cabbage and purple potatoes and white radish or dairy products).
- **Wholesomeness:** Eat vegetables and fruits with their skin if possible, include hulled starches and avoid bad carbs like white sugar, white flour, and peeled rice.
- **Balance:** Maintain a 35 per cent raw and 65 per cent cooked food ratio in your diet, and include a significant amount of living foods such as sprouts.
- **Moderation:** Keep portions moderate and choose cooking methods such as steaming rather than frying, to avoid loss of valuable nutrients and to prevent challenging the digestive system.

**Vegetable garden**

SERVES 2

8 baby corn
1 zucchini
8 asparagus
8 cherry tomatoes

200g broccoli

200g pumpkin

100g baby eggplants

2 tbsp olive oil

FOR THE DRESSING

1 shallot, finely diced

2 tbsp olive oil

2 tbsp toasted sesame oil

Salt and pepper, to taste

1 tsp agave syrup

1 lime (juice)

1 garlic clove, finely grated

1 small chili, finely chopped

1 small piece fresh ginger,
finely grated

1 lemon grass stalk, finely
chopped

½ bunch coriander leaves,
leaves picked

1 Wash the vegetables and prepare them for grilling. Peel the pumpkin and cut into chunky pieces. Halve the eggplants. Cut the broccoli into florets. Marinate the vegetables in olive oil, season with salt and pepper. Grill for 2-4 mins, until they are al dente.

2 For the dressing combine all ingredients. Toss the grilled vegetables in the marinade and serve warm.

WHY IT'S HEALTHY

Eating a number of different colours is a good way to make sure you're getting all the available phytonutrients in vegetables and fruits. The more colours, the better!

Sprouted quinoa tabouleh

SERVES 2

50g quinoa

150g tender stem broccoli

150g cauliflower

150g mango

Salt, to taste

2 tbsp olive oil

1 small chili

½ vanilla pod,

Juice of 1 lime

Cress for garnish

1 To sprout the quinoa, soak overnight in a bowl at room temperature. Strain and give it a good rinse in clear water.

2 Wash the broccoli and cauliflower and shred. Peel the mango and dice it. Deseed the chili and chop. Slice the vanilla pod lengthwise, and scrape out the vanilla.

3 Mix all the ingredients and season with lime juice, olive oil, salt and vanilla. Press into shape on a plate with a round cutter. Garnish with cress, and serve.

WHY IT'S HEALTHY

Quinoa is a complete plant based protein and a nutritional treasure box. These tiny seeds of a South American grass are high in vitamins, minerals and protein (more than an egg), while being low in fat and calories. Quinoa contains all eight of the essential amino acids, is a low cholesterol, and low GI source of complex carbohydrates, and is rich in fibre. Sprouting quinoa boosts its nutritional value even more, by activating the natural enzymes and multiplying the vitamin content.



Baked sweet potato with guacamole

SERVES 2

2 medium size sweet potatoes

1 avocado

Juice of 1 lime

1 small chilli, diced (optional)

Salt and pepper, to garnish

2 shallots

2 tbsp olive oil

1 bay leaf

1 tsp agave syrup

1 tsp balsamic vinegar

2 tbsp crème fraîche

1 Preheat the oven to 200C. Wash the sweet potatoes, pat dry and wrap them in aluminium foil. Bake the potatoes for around 30 minutes.

2 In the meantime, peel the shallots, slice them and braise them on low heat in olive oil with agave syrup and bay leaf until they are golden brown. Season with salt, pepper and balsamic and keep aside.

3 Mash the flesh of the avocado with lime juice and salt. Add some diced chili to taste.

4 Finely slice the chives.

5 Remove the hot sweet potato from the aluminium foil, open the skin and top the soft potato with guacamole, crème fraîche, shallots and chives.

WHY IT'S HEALTHY

Sweet potatoes are a very good source of Vitamin A, C, and D, B6 and B5. They contain manganese, triptophane, potassium, dietary fibre and can truly help preventing oxidative damage to our cells.



THIS
TASTES
GREAT
WITH

Raspberry lavender punch

SERVES 2

Blend 25g **raspberries** with juice of 1 **lime** and 2tbsp **agave syrup**. Strain the liquid finely to remove the small **raspberry seeds**. Pour into a carafe, add another 25g raspberries and the leaves from 2 stems of **lavender** and leave it in the fridge overnight to infuse the flavors. Serve chilled.

WHY IT'S HEALTHY

This light, low-calorie drink is great for staying hydrated in the summer. Raspberries and lavender help to cool down in the heat and are rich in antioxidants. Serve this with any of the dishes shown here, or simply sip on it throughout the day as a refreshing, nutrition-packed thirst quencher.





Purple potato salad

SERVES 2

8-10 purple potatoes (can be substituted with normal potatoes as well)

1 small cucumber

4 red radishes

1 gem lettuce

1 small onion

4 tbsp olive oil

80ml vegetable stock

1 tsp Dijon mustard

1 tsp Manuka honey

2 tbsp apple cider vinegar

Salt and pepper, to taste

1 Steam the purple potatoes for around 25 minutes. Peel and slice them.

2 Slice the cucumber and cut the red radishes into juliennes. Pick and wash the lettuce. Peel the onion and dice it.

3 In a saucepan, braise the onion in olive oil, then add the warm steamed potatoes.

4 Boil the vegetable stock with mustard, vinegar, honey, salt and pepper and pour it over the oil-soaked potatoes.

5 Mix carefully and allow the potato salad to absorb the liquid. Then carefully arrange on a plate with lettuce, red radish and cucumber.

WHY IT'S HEALTHY

Potatoes support the acidic-alkaline balance in the body. This balance is important for maintaining healthy hair and firm skin and nails. Many foods we consume are acidifying; potatoes have an alkaline effect to help balance that.

Zucchini and goat's cheese roll with citrus avocado marinade

SERVES 2

½ zucchini

50g butternut squash

100g goat cheese roll

½ avocado

½ pink grapefruit

1 orange

1 lime

2 tablespoons olive oil

Salt and red pepper, to taste

Fresh micro herbs, to garnish

1 Cut the zucchini and the butternut lengthwise into thin slices.

2 Layer the zucchini slices to a rectangular baking sheet of 10x20 cm. Roll the goat cheese in this sheet and cut it into 2 portions with a sharp knife.

3 Braise the butternut slices in olive oil for 2 mins and season with salt and pepper.

4 To make the marinade, cut the fillets out of the grapefruit, orange and lime, and dice the avocado. Mix together, and season with salt, red pepper and add a dash of olive oil.

5 To serve, place the butternut slices on a plate, then place the goat's cheese rolled in zucchini on top. Garnish with the citrus avocado marinade, and fresh herbs if you like.

WHY IT'S HEALTHY

Goat's cheese is higher in protein and lower in fat than cow's cheese, and is a very good source of calcium.

Avocado provides good fats, Vitamins A, C, E, K, B6 and folic acid. Both citrus fruits and avocado are good sources of antioxidants.





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Food for the Weekend

Inspirational ideas for relaxed family meals and entertaining in style



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68 Iced desserts to impress



Orange & poppy seed cake with chocolate sauce, recipe p71

Regional flavours

There's more to Middle Eastern food than kebabs and grills, as these light, vegetarian-focused dishes from author **Ghillie Basan** SHOW. Photographs DAVID MUNNS

Turkish one-pan eggs & peppers (Menemen)

SERVES 4 • PREP 10 mins •

COOK 25 mins **Easy** **V** 

Superhealthy Good source of iron and vit C, counts as 2 of 5-a-day

This gutsy dish is genuine street food, cooked at bus and train stations, and in makeshift stalls in the busy markets of Turkey. Served with garlic yoghurt and a green salad, it's a brilliant family dish for lunch, supper, or brunch.

2 tbsp olive oil

2 onions, sliced

1 red or green pepper, halved, deseeded and sliced

1-2 red chillies, deseeded and sliced

400g can chopped tomatoes

1-2 tsp caster sugar

4 eggs

Small bunch parsley, roughly chopped

6 tbsp thick, creamy yoghurt

2 garlic cloves, crushed

1 Heat the oil in a heavy-based frying pan. Stir in the onions, pepper and chillies. Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, season.

2 Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set.

3 Beat the yoghurt with the garlic and season. Sprinkle the menemen with parsley and serve from the frying pan with a dollop of the garlic-flavoured yoghurt.

PER SERVING 222 kcals, protein 12g, carbs 12g, fat 15g, sat fat 4g, fibre 3g, sugar 9g, salt 0.39g



New idea for a relaxed brunch

Try our
cover
recipe!

The herbs and lemon
give this a flavour burst

Preserved lemon & tomato salad with feta

SERVES 4 • PREP 15 mins •

NO COOK **Easy** **V** 

Light and crunchy, tart and fruity, this simple Moroccan salad is deliciously refreshing served on its own with fresh, crusty bread, or as part of a vegetarian spread.

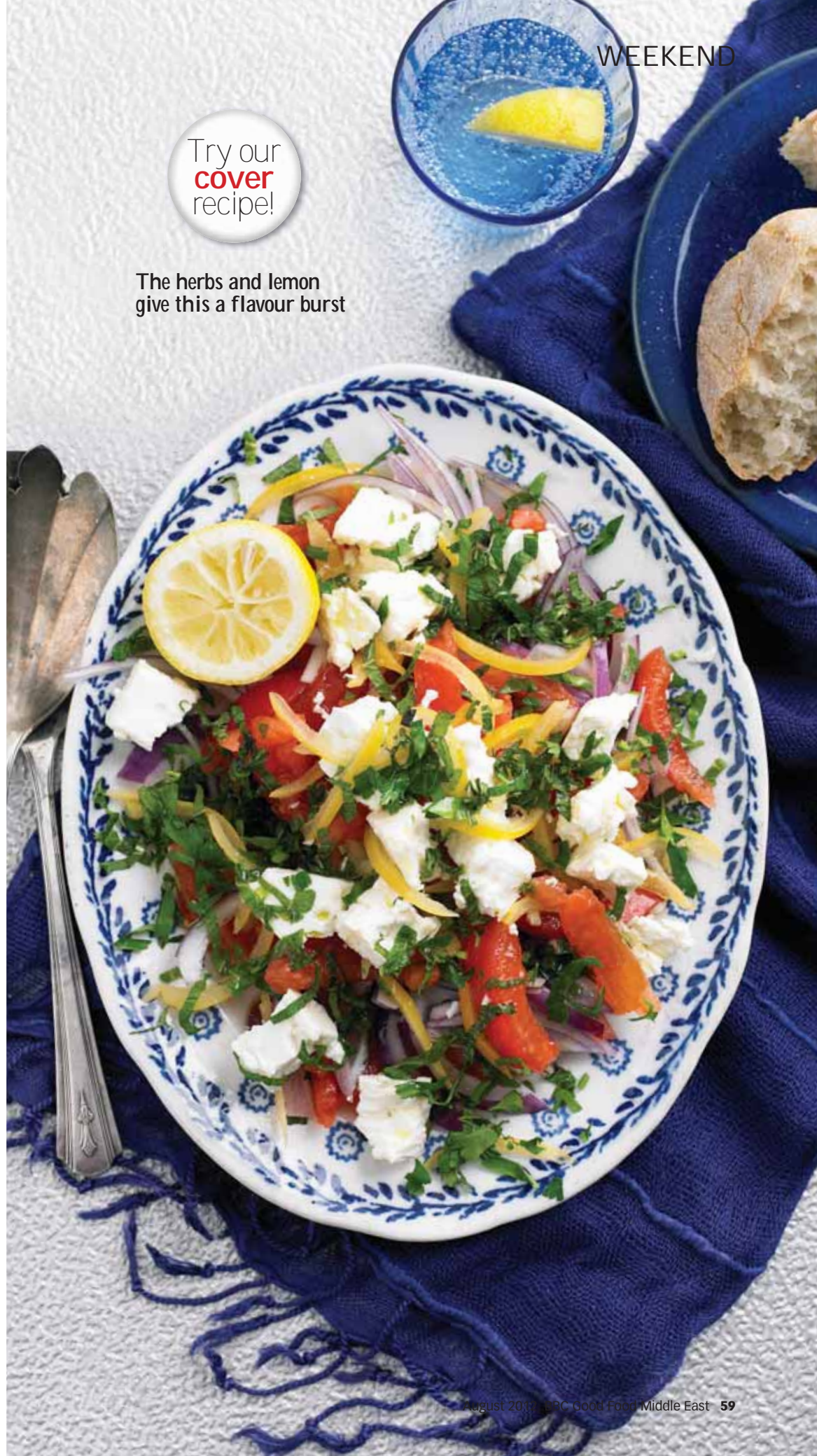
- 4 large fresh tomatoes, deseeded and cut into thick strips**
- 1 large red onion, thinly sliced**
- 1 preserved lemon, pulp removed and rind cut into thin strips (see tip)**
- 200g pack feta cheese**
- 2 tbsp olive oil**
- Juice ½ lemon**
- Small bunch each flat-leaf parsley and mint, finely shredded**
- Crusty bread, to serve**

1 Put the tomatoes, onion and lemon in a shallow bowl or platter. Crumble the feta over, drizzle with oil and lemon juice, and scatter over the herbs.

2 Toss gently just before serving along with chunks of warm, crusty bread.

PER SERVING 215 kcals, protein 10g, carbs 9g, fat 16g, sat fat 7g, fibre 2g, sugar 7g, salt 1.49g

TIP Moroccan preserved lemons are refreshing and tangy, but use only the rind. Rinse lemon thoroughly, then cut into quarters lengthways. Use a small sharp knife to remove the pith and seeds so you're left with the smooth rind. Or, use the grated zest of a regular lemon.



Spicy baby aubergine stew with coriander & mint

SERVES 4 ● PREP 10 mins ●

COOK 45 mins **Easy** **V** **GF**

Superhealthy High in fibre, good source of vit C, count as 5-a-day

2 tbsp olive oil
2 red onions, sliced
4 garlic cloves, smashed
2 red chillies, deseeded and sliced,
or 2-3 dried red chillies left whole
2 tsp coriander seeds, toasted and
crushed
2 tsp cumin seeds, toasted and
crushed
16 baby aubergines, left whole with
stalk intact
2 x 400g cans chopped tomatoes
2 tsp sugar
Bunch mint leaves, roughly chopped
Bunch coriander, roughly chopped
Couscous and yoghurt, to serve

1 Heat oil in a heavy-based saucepan, add the onions and garlic and cook until they begin to colour. Add the chillies, coriander and cumin seeds. When the seeds give off a nutty aroma, toss in the whole aubergines, coating them in the onion and spices.

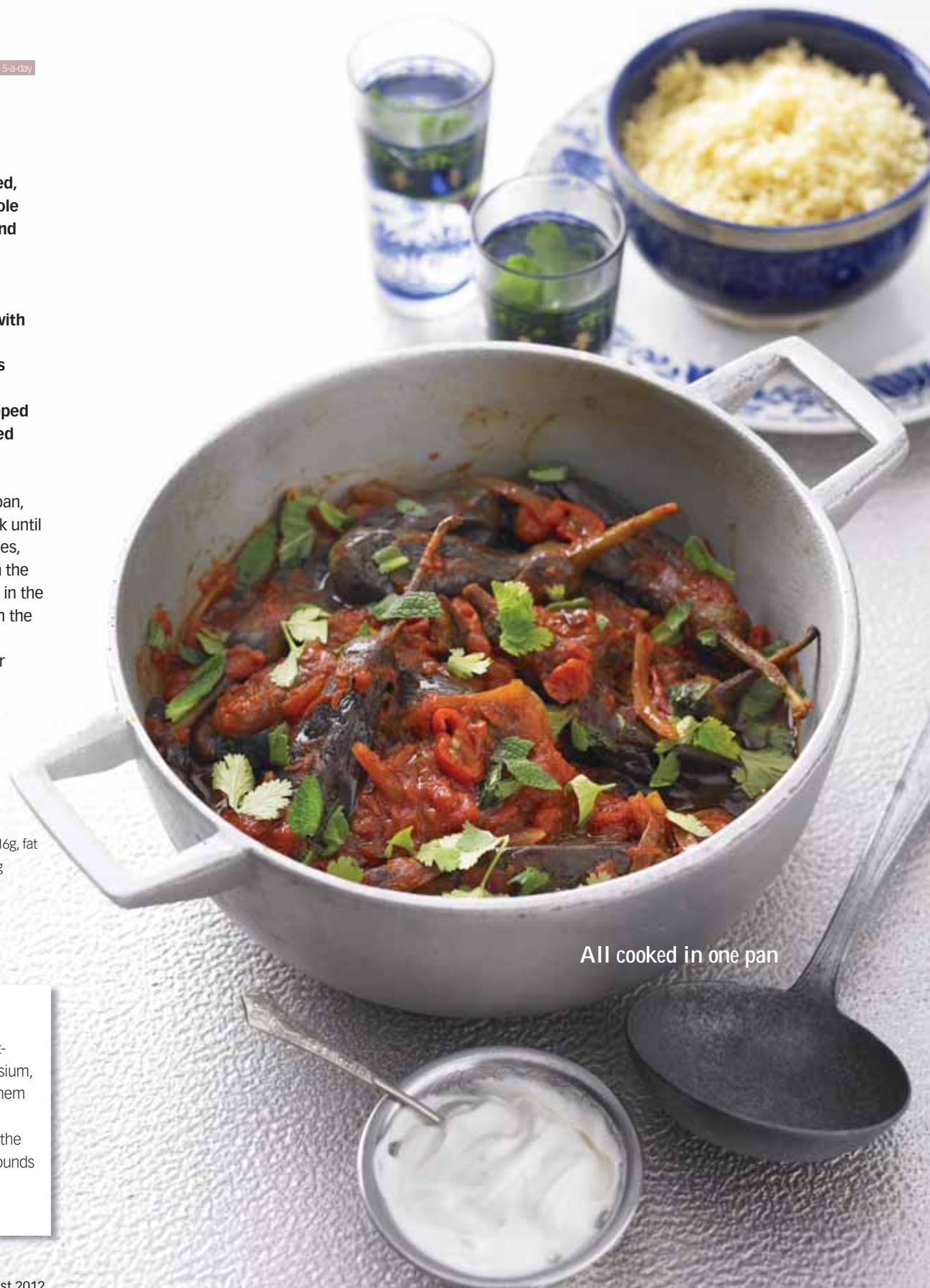
2 Tip in tomatoes and sugar, cover and gently cook for 40 mins, until aubergines are tender.

3 Season sauce and toss in half the mint and coriander. Cover and simmer for 2 mins. Sprinkle over remaining herbs and serve with couscous and yoghurt.

PER SERVING 148 kcals, protein 5g, carbs 16g, fat 7g, sat fat 1g, fibre 6g, sugar 13g, salt 0.31g

HEALTH BENEFITS

Aubergines are packed with heart-friendly nutrients, including potassium, folate and magnesium. Cooking them whole optimises your intake of anthocyanins, which are found in the purple skin. These valuable compounds help to support brain function, especially memory.



All cooked in one pan

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Learn to Pick crab



Specialist in Indian cuisine, chef Karam Sethi shows how to create an indulgent supper dish after picking your own cooked crab.

Photographs DAVID MUNNS



Garlic, black pepper and butter crab with paratha

Serves 4 as a starter, or 2 as a light lunch ●

40 minutes ● **A little effort**

190g butter, melted

Vegetable oil, as needed

2 tbsp garlic paste (made by crushing fresh garlic, about 4 cloves)

1 x 750g-1kg crab, picked (see facing page for instructions)

1 tbsp coarse ground black pepper

3 tbsp garlic chives or wild garlic (if available), finely chopped

PARATHA

600g plain flour

1 egg, beaten

1 tbsp golden caster sugar

4 tbsp garlic chives, chopped

3 tbsp butter or ghee, melted

1 tbsp condensed milk (optional)

125ml ghee or oil, for frying

1 Pick the crab meat from the crab following instructions opposite and keep the white and brown meat in separate bowls.

2 To make the paratha, sift the flour into a bowl, add the egg, salt, sugar, garlic chives and melted butter. Combine 250ml water with the condensed milk and add to the mixture. Mix to make a soft dough. Roll the dough into a ball and cover with a damp cloth and leave to rest for 30 minutes to an hour.

3 Divide the dough into 12 small balls. Brush with ghee or oil, cover and leave to rest for a minimum of 30 minutes.

4 Flatten the dough balls and stretch each one out into a circle as far as it will go. Fold the edges inward, continuing until you have a round shape of approximately 15 cm in diameter. Press down lightly. Fry the paratha in ghee until crisp on the outside but still very soft inside.

5 To make the crab, heat the butter and 1 tsp oil in pan. Once hot, add the garlic paste and cook on low heat without colouring for 2 minutes. Add the brown crab meat and cook for a further minute, followed by the white crab meat and black pepper. Cook for a further 2 minutes and then add the garlic chives, toss together, and remove from the heat.

6 Check the seasoning and add salt if needed (as the brown crab meat acts as seasoning). Serve sprinkled with some more garlic chives and the warm paratha.

PER SERVING (as a starter for 4) 700 kcals, protein 19.6g, carbs 63.4g, fat 42.6g, sat fat 22.8g, fibre 2.8g, salt 1.8g

Karam Sethi was born in London and spent his childhood summers in Delhi. His kitchen experience includes stints at Bukhara in Delhi, Trishna in Mumbai and Zuma, London, and he is currently head chef at Trishna in London.



1
Twist and pull the claws and legs away from the body.



2
Find the joint where the shell is attached to the body. Use your fingers or a knife to push and crack the body away.



3
There is a natural joint which will give under pressure and allow you to remove the body.



4
The feathery dead man's fingers (gills) are attached to each side of the body. Remove and discard them and any that are left in the shell.



5
Scoop the brown crab meat from the shell and keep in a bowl.



6
Next, cut the body of the crab in half using a heavy knife.



7
Tease the white meat from the cavities in the body with a pick or skewer. Keep in a separate bowl to the brown meat.



8
Use a small mallet or back of a heavy knife to crack the claws.



9
Use a pick to pull all the meat from the claws. Check through all the white meat for stray shell before you use it.

Make a batch

It's really simple to scale up the quantities when you're cooking, so why not get ahead while you've got time?

Recipes SARA BUENFELD
Photographs DAVID MUNNS

TIP Don't forget to sterilise your jars! This is essential to ensure your pickle stays in tip-top condition. Wash your jars in hot, soapy water, then leave in a low oven to dry completely. Keep them warm until you fill them.

Green bean & mustard pickle

MAKES APPROX 2.7 KG/6LB, 6 X 450G JARS • PREP 35 MINS • COOK 25 MINS

Easy  **Lowfat**

This pickle is based on the classic English piccalilli, where the vegetables are preserved in a sweet mustard sauce. Try it in cheese sandwiches.

600g onions, chopped
850ml pickling vinegar
1kg runner beans
40g plain flour
57g tin English mustard powder
2 tbsp ground turmeric
2 tbsp celery salt
2 tbsp black mustard seeds
225g light muscovado sugar
450g golden granulated sugar

1 Put the onions in a preserving pan with 500ml of the vinegar. Cover and cook gently for 20 mins until soft. Meanwhile, blanch the beans for 5 mins, then drain.
2 Mix the flour, mustard powder, turmeric and celery salt. Heat the mustard seeds in a small lidded pan until you hear them popping, then tip them into the flour mixture. Gradually stir in remaining vinegar until smooth.
3 When the onions are ready, tip in the spice vinegar mixture and stir continuously over the heat until thickened. Add the blanched beans and cook, uncovered, for 10 mins, stirring occasionally. Add both the sugars and cook, stirring frequently, for 15 mins more until thick. Spoon into sterilised jars (see Tip) and seal while it is still hot.

This will keep in a cool place for a year, but the colour will fade over time. Once opened, store in the fridge.

PER TBSP 33 kcals, protein 1g, carbs 8g, fat none, sat fat none, fibre none, sugar 7g, salt 0.19g



Cheese & tomato pasta bakes

SERVES 12 ● PREP 1 hr ●

COOK 40 mins **Easy** **V** **GF**

This sort of family meal is well worth making in bulk so you can eat one now and freeze the rest for later.

3 tbsp olive oil

1 bag small mixed peppers (about 7 peppers), deseeded and cut into large chunks

6 garlic cloves, chopped

500g pack large button mushrooms, quartered

1 litre carton passata

450ml vegetable stock

2 tsp dried oregano

290g jar pitted Kalamata olives, drained

500g large courgettes, halved lengthways and thickly sliced

500g pack dried penne

FOR THE CHEESE SAUCE & TOPPING

1.5 litres pints milk

140g butter

140g plain flour

¼ whole nutmeg, finely grated

300g mature cheddar, grated

85g hunk old bread, torn into small pieces

1 Heat the oil in a large, wide pan or wok, then stir-fry the peppers for 5 mins. Add the chopped garlic and mushrooms, and cook for 5 mins more.

2 Pour in the passata and stock, then stir in the oregano, olives and courgettes with plenty of black pepper. Leave to simmer, stirring frequently, for 10-15 mins until the vegetables are just tender and the sauce has reduced a little. Meanwhile, cook the pasta following pack instructions.

3 To make the cheese sauce, pour the milk into a large pan and add the butter, flour, nutmeg and seasoning. Heat, stirring or whisking all the time until smooth and thickened. Stir in half the cheese and allow it to melt into the sauce.

4 Drain the pasta and add to the tomato mixture. Pile into 2 or 3 baking dishes, pack down well, then pour over the cheese sauce (it helps to let the sauce cool and thicken a little before using so that it stays as a layer). Scatter with the remaining cheese and the bread.

5 If eating now, bake at 200C/180C fan for 40 mins until bubbling and golden. Serve with a salad.

PER SERVING 551 kcals, protein 21g, carbs 60g, fat 27g, sat fat 13g, fibre 4g, sugar 14g, salt 1.96g

Time-saving supper

❄️ Freeze for another meal

To freeze, cool completely, top with baking parchment, then wrap in foil. *Will freeze for up to 3 months.* To serve, thaw for 5 hrs at room temperature, then cook at 200C/180C fan for 1 hr. To cook from frozen, heat oven to 180C/160C fan and cook, covered with foil, for 2 hrs. Remove foil and cook, uncovered, for 45 mins, or until golden and hot through.

Just want to serve one portion? Divide into individual portions and freeze as above. They need less time to cook from frozen, but make sure they're bubbling and hot before serving.





Rosemary & garlic lamb burgers

MAKES 8 • PREP 25 mins •

COOK 10-15 mins **Easy**

Make sure you use a lean lamb mince to stop excess fat from the burgers causing the barbecue to flare up as it drips on the coals.

FOR THE BURGERS

2 garlic cloves, chopped

4 tsp finely chopped rosemary needles

1kg lean lamb mince (10% fat)

TO SERVE

Ciabatta rolls or French bread

Mayonnaise

3 red onions, sliced and tossed with

1 tbsp each balsamic vinegar and olive oil

Sliced tomatoes

Handful rocket

1 Crush the garlic, rosemary, 1 tsp salt and ½-1 tsp pepper with a pestle and mortar to make a paste. Add to the lamb and mix in well with your hands. Don't overwork the meat or you will toughen it.

2 Divide the mixture into 8, then shape into round burgers. If eating now, heat a barbecue or grill and cook for about 8-10 mins, turning frequently, until cooked to your liking.

3 Split the rolls or bread, toast lightly on one side, spread with mayo, then add the burgers and the balsamic onions, tomatoes and rocket.

PER BURGER 212 kcals, protein 25g, carbs none, fat 13g, sat fat 6g, fibre none, sugar none, salt 0.89g



Sticky malt loaves

MAKES 2, each cuts into 10 slices •

PREP 15 mins • COOK 50 mins

Easy Good for you, Low fat

There's something very satisfying about a cup of tea with a slice of buttered malt loaf. This simple homemade version makes two and improves on keeping.

Sunflower oil, for greasing

150ml hot black tea

175g malt extract, plus extra for glazing (see tip)

85g dark muscovado sugar

300g mixed dried fruit

2 large eggs, beaten

250g plain flour

1 tsp baking powder

½ tsp bicarbonate of soda

1 Heat oven to 150C/130C fan.

Line the base and ends of two greased 450g non-stick loaf tins with strips of baking parchment.

2 Pour the hot tea into a mixing bowl with the malt, sugar and dried fruit. Stir well, then add the eggs.

3 Tip in the flour, then quickly stir in the baking powder and bicarbonate of soda and pour into the prepared tins. Bake for 50 mins until firm and well risen. While still warm, brush with a little more malt to glaze and leave to cool.

4 Remove from the tins. Serve sliced and buttered, if you like.

PER SLICE 140 kcals, protein 3g, carbs 31g, fat 1g, sat fat none, fibre 1g, sugar 22g, salt 0.17g

Eat later

The lamb burgers cook beautifully from frozen, so is a good make ahead-for-a-barbecue dish.

The malt loaves get even more sticky after wrapping and keeping for 2-5 days.

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THEMES CAN BE CUSTOMISED TO ORDER



Chill out!

When the weather's really hot, a gourmet iced dessert is just what's called for. Recipes JANINE RATCLIFFE Photographs MYLES NEW, GARETH MORGANS

Frozen berry parfait

SERVES 8 • 30 MINUTES + FREEZING

● A little effort

MAKE
AHEAD

400g raspberries
300ml double cream
2 tsp vanilla extract
2 egg whites
100g golden caster sugar

1 Line a 900g loaf or terrine tin with clingfilm. Whizz 300g of the raspberries to a purée, then sieve, using a nylon sieve – metal may react with the acid in the berries. Keep the rest whole. Whip the cream and vanilla extract to very soft peaks.

2 Put the sugar in a pan with 1½ tbsp water. Heat very gently until the sugar dissolves, then turn up the heat and boil for 2 mins. Meanwhile whisk the egg whites to stiff peaks. After the syrup has boiled for 2 mins, start to pour in a thin stream onto the egg whites, whisking all the time. Keep whisking for a couple of minutes until the meringue has cooled completely.

3 Fold the meringue into the cream bit by bit. Divide the mix between 2 bowls. Add the raspberry purée to one bowl and fold it in, then chill.

4 Pour the plain mixture into the bottom of the tin, then carefully push in the remaining berries. Freeze for 1½ hours, then take out and add the chilled raspberry flavoured mix. Freeze for at least 3 hours or until you want to serve. Take out of the freezer 20 mins before serving.

PER SERVING 254 kcals, protein 2.2g, carbs 16.8g, fat 20.3g, sat fat 11.3g, fibre 1.3g, salt 0.07g

Mississippi mud pieSERVES 8 • 1 HOUR + FREEZING • **Easy**

500ml tub coffee ice cream

50g toasted hazelnuts

500ml tub chocolate ice cream

CHOCOLATE CRUST

85g cold butter, cut into small pieces

170g plain flour

30g cocoa powder

85g dark brown sugar

FUDGE SAUCE

150g plain chocolate

(at least 50% cocoa)

142ml pot whipping cream

3 tbsp golden syrup

1½ tsp vanilla extract

180g icing sugar

1 Line the base of a 20cm loose-bottomed, deep tart tin with baking parchment. To make the fudge sauce, put the chocolate, cream and golden syrup in a small pan and heat gently, stirring occasionally, until the chocolate has melted. Stir in the vanilla extract and icing sugar. Cool.

2 Heat the oven to 190C/170C fan. Rub the butter, flour, cocoa powder and dark brown sugar together until they resemble breadcrumbs. Press them into the base and sides of the tart tin. Cover with a piece of greaseproof paper and weigh down with baking beans. Bake for 8-10 minutes until just set. Remove the paper and baking beans and cool on a rack, still in the tin.

3 To build the pie, spread half the cooled fudge sauce over the base of the tart. Cut the coffee ice cream into slices and press them in to make the bottom layer of the pie, filling any

gaps with ice cream. Cover with clingfilm and return to the freezer for at least 1 hour.

4 Scatter the hazelnuts over the coffee ice cream layer. Slice the chocolate ice cream and press the slices over, to make a second layer. Cover and return to the freezer for at least an hour.

5 Once the ice cream is completely firm, spread the rest of the fudge sauce over the top. Freeze until firm, then cover with clingfilm. Store for up to a week in the freezer.

6 An hour before serving, loosen around the edge of the pie with a thin knife. Put the pie on a tin can and push down the outside ring. With a palette knife, loosen the base and lift onto a serving plate. Put in the fridge to soften until ready to eat. Cut into slices and serve by itself or with whipped cream.

PER SERVING 725 kcals, protein 8.7g, carbs 90.7g, fat 38.9g, sat fat 21.1g, fibre 3.2g, salt 0.40g



fresh & fruity

Fresh fruit can take a cake to a whole new level!



Mango & passion fruit roulade

CUTS INTO 10 SLICES • PREP 20 MINS • COOK 12-15 MINS

Moderately easy 🌀 sponge only

3 eggs

85g golden caster sugar,
plus 1 tbsp

85g plain flour, sifted

1 tsp baking powder, sifted

1 tsp vanilla extract

FOR THE FILLING

1 tbsp golden caster sugar

flesh from 2 large, ripe passion fruit
2 mangoes, peeled and chopped
250g pack frozen raspberries,
defrosted
200g tub 2% Greek yoghurt or
very low-fat fromage frais

1 Heat oven to 200C/180C fan. Grease and line a 30 x 24cm Swiss roll tin with non-stick paper. Put eggs and sugar into a large bowl and beat with an electric hand whisk for 5 mins until thick and light. Fold in flour and baking powder, then vanilla. Tip into the tin, tilt to level,

then bake for 12-15 mins until golden and just springy. Turn onto a sheet of paper, dusted with 1 tbsp caster sugar. Roll the paper up inside the sponge, then leave to cool completely.

2 Fold sugar, passion fruit pulp and one-third of the mango and raspberries into the yogurt. Unroll the sponge, spread with filling, then roll up. Serve with the rest of the fruit on the side. Fill and roll up to 2 hrs ahead and keep in the fridge.

PER SERVING 153 kcals, protein 5g, carbs 28g, fat 3g, sat fat 1g, fibre 2g, sugar 21g, salt 0.26g

Orange & poppy seed cake with chocolate sauce

SERVES 8 • PREP 15 mins • COOK 50 mins

Moderately easy  without sauce

250g butter, at room temperature, plus 1 tbsp extra

200g golden caster sugar, plus 25g extra

3 eggs

250g plain flour, sifted

1½ tsp baking powder

Juice 2 oranges, zest of 4

50g poppy seeds, toasted

FOR THE SAUCE

100ml double cream

100g chocolate, chopped

1 Heat oven to 180C/160C fan. Grease a 20cm springform cake tin or line a similar-size cake tin with baking paper. Using an electric hand whisk, combine 200g butter and 200g sugar in a large bowl. Beat until light and creamy (about 2 mins) then add the eggs, one at a time, beating well after you add each one. Tip in the flour and baking powder, mix for a few secs, then add the orange juice, zest of 2 oranges and poppy seeds. Stir everything together, then pour into the cake tin. Bake for 50 mins, then remove from the oven. Cool in the tin.

2 Meanwhile, make the candied orange zest by combining the

remaining zest, 25g sugar and 100ml water in a small pan. Bring to the boil and cook for 5 mins until thick.

Remove the zest with a slotted spoon onto a sheet of non-stick baking paper.

3 For the sauce, heat the cream in a small pan until nearly boiling. Put the chocolate and remaining 50g butter into a bowl, then pour the hot cream over it and leave for 1 min to melt. Stir together until smooth, then let it sit until the cake is cool (if it hardens, just reheat gently). Drizzle the sauce over the cake, sprinkle with the candied zest and serve.

PER SERVING 650 kcals, protein 8g, carbs 65g, fat 42g, sat fat 23g, fibre 1g, sugar 39g, salt 0.86g

TIP Use a zesting tool to make long, elegant strips of candied orange peel for the top – or use a swivel vegetable peeler, then finely slice the orange rind.



Eid escapes

Looking for a short break for the upcoming Eid holidays? You don't have to go too far to find a destination to suit your style – and to excite your tastebuds.

If you want a:

Grown-up glam getaway

Go to: MUSCAT, OMAN

Muscat, capital city of the Sultanate of Oman is surrounded by rugged mountains and nearby wadis, with the coastline formed by the Arabian Sea on the southeast and the Gulf of Oman on the northeast. Muscat offers a relaxed, laid-back pace that is refreshing, and is a great option for a short luxury break that doesn't require too much planning ahead.

WHAT TO DO: Begin with a trip to the breathtaking Sultan Qaboos Grand Mosque which was built from 30,000 tonnes of Indian sandstone, followed by photo ops at the Sultan's palace. For more architectural magnificence and to watch a few cultural performances, you can also check out the Royal Opera House. Bahla Fort, a UNESCO World Heritage site, is also worth a look, as is the Muthra souq. Offering local shopping at its best, here you will find alleys of little shops selling souvenirs, costume jewellery, clothes, toys, perfumes, Omani silver and frankincense. As you make your way through the souq, stop at one of the Halwa shops and try Omani halwa – a sweet delight that melts in your mouth. We recommend the saffron (yellow) halwa.

WHERE TO STAY: Nestled between rocky mountains and by the private bay 'Barr', along the Gulf of Oman, is the Shangri La's Bar Al Jissah Resort & Spa. The resort, located 20 minutes away from the city centre, is made up of three hotels – Al Waha (The Oasis) for families; Al Bandar (The Town) for business travellers; and Al Husn (The Castle) for an adults-only luxury retreat.

For a luxurious and intimate getaway, the Al Husn hotel, inspired by the architecture of Omani forts, is ideal. Stay in a deluxe room which offers views of the sea and mountains both. Each room includes a butler service, complimentary iPod docking (plus an actual iPod, just in case you forgot yours) selected beverages from the mini bar as well as access to a private beach and a gorgeous temperature-controlled infinity pool. Guests at Al Husn have access to all the facilities at the other hotels, which includes a lazy river that meanders across the property.

Room rates start from Dhs135OMR (approximately Dhs1,287) per night; children under 18 are not allowed at Al Husn. Rates at Al Waha begin from OMR85 per night. Visit shangri-la.com/muscat/barraljissahresort

WHAT TO EAT: Omani food is highly influenced by Indian and Persian cuisine and the country is blessed with a lot more local produce than UAE. Highlights of the local cuisine include Ruz al mudhroub – rice served with fried fish; as well as Omani versions of typical Arabic dishes such as Maqbous – saffron flavoured rice with spicy meat; and Fatta – meat and vegetables served with Omani bread. Make sure to try some



of the local delicacies if you can bear to tear yourself away from the varied culinary offerings of the Bar al Jissah resort. With over xx dining options at the resort, you will be spoilt for choice. Sultanah, an all-day dining restaurant designed to look like a ship serves complimentary breakfast to Al Husn guests as well as an a la carte menu for lunch and dinner with delicious dishes such as King fish with pesto risotto featuring on the menu. To fuel up after a trip to the beach, head to Al Tanour at the Al Bandar hotel to feast on fresh seafood buffet offerings.

No romantic weekend away is complete without a dress-up-for-dinner meal, and for that, Shahrazad, the award winning Moroccan restaurant, is perfect. With a stylish Moorish setting, the restaurant serves traditional delicacies such as couscous and mouth-watering tajines, as well as a must-have seafood platter of Omani lobster, king prawns, mussels, king fish and steamed vegetables.

GETTING THERE: Flydubai offers a convenient and comfortable direct flight from Dubai to Muscat taking you there in just fifty minutes. Ticket prices start from an affordable Dhs515, visit flydubai.com.

If you want a: Culture Break

Go to: **BAHRAIN**

Bahrain which translates to 'the two seas' in Arabic is in fact, an island with sweet water springs and sea water surrounding it. It is separated from the Arabian coast by the southern and northern waters of the gulf. Known for its wealth, due to the discovery of oil, and pearl trade, the country is not only a business hub but also ideal for a short vacation filled with a bit of culture, urban buzz and relaxation.

WHAT TO SEE AND DO: Since pearl trade has been such an integral part of Bahrain's history, begin the trip by visiting the pearl merchants' houses in Pearl pathway in Muharraq – the third largest in the archipelago of 36 islands. Carefully preserved and recently restored by the Ministry of Culture, the houses feature beautifully painted carved wooden windows and doors, and coral stone walls. Check out Sheikh Salman Bin Hammad's house that includes a gallery of historical photographs before going to the Al Nukhida House, which was owned by a boat captain and features vintage marine equipment. The Sheikh Ebrahim House auditorium is also definitely worth a visit, as it has an in-built auditorium with walls made from tiny sea-shells and holds a giant digital book, that

offers a detailed and entertaining history lesson with pictures, poetry, a short movie and music.

If the art lover in you is not completely satisfied by the graffiti, street art and picturesque doorways of the historic houses, head to one of the art galleries in Adliya, where works by Bahrain's emerging artists are exhibited.

WHERE TO STAY: Located in the heart of Manama in Al Seef Street is Kempinski Grand & Ixir Hotel Bahrain City Centre, a graceful hotel connected to the bustling Bahrain City Centre shopping mall, and just minutes away from most of the island's attractions. The rooms are modern and sophisticated, with sea views, and glass-walled bathrooms that mist over with the touch of a button to go from see-through to opaque.

For the ultimate relaxing treat, book a treatment at their PURE spa which offers holistic treatments and only uses natural products from home-grown Bahraini brand, Green Bar. Sip on some delicious cold lemon ginger tea, before heading off to submerge into pure bliss. Do try their Holistic full-body massage, a signature treatment that is personalised to target problem areas.

Room rates start from BHD 100 (approximately Dhs975) per night, visit kempinski.com/Bahrain.

WHAT TO EAT: To experience a bit of the island's culinary offerings, head to the Sheikh Hamdan Avenue to taste Bahraini halwa from Hussain Mohammed Showaiter sweets. The halwa is available in red, yellow and black, and



comes with nuts sprinkled on top.

If you would like to try an authentic meal, visit Baba Taher in Manama souq and try Machbous – rice with meat, chicken or fish and Indian or Persian spices; and Bacha – a meaty soup made of sheep's meat, traditionally eaten by fishermen early in the morning before heading out to sea.

For a slightly more upscale culinary experience, head back to the Kempinski to check out the trendy T-Spoon cafe which serves a range of unique teas, as well as High tea with crispy sandwiches, rose and lemon macaroons, cakes and warm scones with clotted cream and jam.

Another must-try is the Saveur restaurant, which elevates the concept of an all-day dining outlet to serve up à la carte delicacies like TNT tempura prawns with wasabi mayo, and pizzas from the traditional oven.

If you're looking for a casual drink after-hours, head to the glamorous Mezzanine Lounge where you can ensconce yourself in private pods that are screened off with curtains, to sip on cocktails and try their tapas bites.

GETTING THERE: Emirates flies directly from Dubai to Bahrain in just one hour. Ticket prices start from Dhs680, visit emirates.com.



WEEKEND

If you want a: Nature retreat

Go to: SALALAH

If, like us, you're intrigued that it is possible to escape into a lush, green monsoon oasis from the sweltering heat here without going any further than neighbouring Oman, then the long weekend is the perfect opportunity to discover Salalah. Don't be misled however – Oman is massive compared to the UAE, and this particular destination is a two-hour flight (or 12-hour road trip) away.

The main town in the Dhofar region, Salalah enjoys the annual monsoon that blesses the Indian subcontinent, and the Khareef, as it is known in this part of the world, is a huge tourist magnet.



WHAT TO SEE AND DO: If driving, the journey there will be an adventure in itself. And even if it seems long and a bit arduous, at the tail end you will be rewarded with the views of misty mountaintops, grazing cattle on lush, carpeted hillsides, and of course, lowered temperatures – something that anyone surviving the desert summer longs for.

There are plenty of opportunities to soak up nature in the area. The forested valley of Wadi Dirbat is popular for day trips and picnics, and as a birdwatcher's haven, with its grassy surrounds, lakes and waterfalls, and fantastic coastline views from the peak. Nearby are the ancient Tage caves, known to be the largest cave chambers in Oman.

There are numerous other attractions in the area, and simply driving around (car rentals are easily available if you haven't driven there) will take you past frankincense trees the region is renowned for, across winding roads carved into the steep mountainsides to nearby mountain



peaks such as Jebel Qamr, local fishing villages, and if it should interest you, to Islamic holy sites such as the tomb of the Prophet Hiob (Job).

But, if you only do one thing, then make sure it is a visit to the Mughsayl beach, located 40 kilometres from the city. A beautiful sandy beach with rugged headlands towering over it, and impressive blowholes that shoot out plumes of water as high as 30 metres, it is popular with visitors for good reason. If you have more time to spare, there are also nearby islands you can plan trips to.

WHERE TO STAY: For being such a unique destination in the region, Salalah's hospitality industry seems surprisingly underdeveloped. There is a clutch of five star hotels from leading international chains, and a few hit-and-miss budget accommodation options with very little choice in between. And rooms fill up very quickly, especially on popular dates such as the Eid weekends. If you can get a reservation, make a beeline straight for the Hilton Salalah, one of the best hotels in town. The five-star beachfront resort offers the luxurious Hilton hospitality that you would expect. Housed in a palatial building, the hotel offers rooms that are spacious and contemporary, with nods to the local culture in its décor. The sprawling pool, complete with water slides, and landscaped gardens make it an ideal family-friendly option.

Room rates start from OMR63 (around Dhs600), visit Hilton.com



WHAT TO EAT: Seafood would definitely be a highlight of food here, with some parts of the region having a reputation for exports of dried fish and abalone. While Salalah isn't about to make it into a Michelin list any time soon, you can expect fresh, authentic local food at most cafes around town.

To go a little more gourmet, the Hilton is probably the best bet. The Palm Grove is one of the best spots in town for relaxed beachside lunches, and after dark, for some alfresco glamour with freshly caught seafood cooked Asian-style on offer. If you're looking for variety, there are plenty of other choices at the hotel too, from sundowners at Seabreeze and steaks at Sheeba's restaurant, to sushi.

GETTING THERE: Air Arabia offers flights from Sharjah, tickets cost around Dhs1,400. Visit airarabia.com. You can also opt to drive there, it takes around 12-14 hours by road, exiting UAE from Ras al Khaimah.



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The BBC Good Food Middle East awards, known for celebrating the best foodie experiences and brands in the UAE, enters its third year.
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THE CATEGORIES

RESTAURANTS

Fine Dining

- ❖ Restaurant of the Year - Dubai
- ❖ Restaurant of the Year - Abu Dhabi
- ❖ Best New Restaurant - Dubai
(Opened on or after January 2012)
- ❖ Best New Restaurant - Abu Dhabi
(Opened on or after January 2012)
- ❖ Best European restaurant
- ❖ Best Asian restaurant

- ❖ Best Contemporary British
- ❖ Best Latin American restaurant
- ❖ Best Indian restaurant
- ❖ Best Middle Eastern restaurant
- ❖ Best Steakhouse
- ❖ Best Brunch
- ❖ Best Italian restaurant
- ❖ Chef of the year

Casual Dining

- ❖ Best European restaurant
- ❖ Best Indian restaurant
- ❖ Best Asian restaurant
- ❖ Best Middle Eastern restaurant
- ❖ Best Café

HOME COOKING

Ingredients

- ❖ Favourite Supermarket
- ❖ Favourite Speciality Food Store/
Market
- ❖ Favourite brand for Store cupboard
items

- ❖ Favourite Dairy brand
- ❖ Favourite Olive oil brand
- ❖ Favourite Tea brand
- ❖ Favourite Coffee brand
- ❖ Favourite Juice brand

Accessories

- ❖ Favourite Large Kitchen
Appliance brand
- ❖ Favourite Small Kitchen
Appliance brand
- ❖ Favourite Tableware store

Creating new benchmarks in the industry, the awards are now entirely vote-based! Nominations are now open, so log on to bbcgoodfoodme.com/awards/2012 to get your favourite restaurants and food brands into the running. By nominating, you also stand a chance to win a very special prize – stay tuned for details.

HOW IT WORKS

The BBC Good Food ME Awards celebrate and recognise the top restaurants, and food-related brands and stores.

In the nomination phase, which runs from July 15-September 15, we are calling consumers to nominate their favourites in each category online. After September 15, the top ten nominees in each category (with the highest votes) will be listed on our website. Between October and December, consumers will then get to vote again for the winner, from that list. The winners will be revealed at our gala awards event in January 2013.

** Winners for Restaurant of the Year, Best New Restaurant and Chef of the Year will be selected by an independent judging panel.*

Win!

Fabulous prizes, from hotel stays to Iftar vouchers, up for grabs.



WIN! WEEKEND BREAK FOR TWO AT THE WESTIN ABU DHABI GOLF RESORT & SPA

Enjoy a relaxing break at this five star hotel located in Abu Dhabi Golf Club. With spectacular views and lush natural surroundings, it is ideal for a blissful getaway. The prize includes a one night hotel stay and complimentary breakfast for two.

WIN! TWO-NIGHT WEEKEND BREAK FOR TWO AT CENTRO, AL MANHAL HOTEL ROTANA

This trendy hotel located in Abu Dhabi offers modern luxury, at affordable rates. Located in the heart of the city, the hotel is just a few minutes away from the major shopping centres and attractions. The prize includes a two night stay with complimentary breakfast and dinner.



WIN! WEEKEND BREAK FOR TWO AT DOUBLE TREE BY HILTON RAS AL KHAIMAH

Escape the hustle and bustle of the city with getaway in the scenic northern emirate, staying at the contemporary city hotel that boasts stunning views of the creek. Explore Ras Al Khaimah's beaches and museums before coming back to relax in the stylish rooms. The prize includes a night's stay with complimentary breakfast. And of course, a traditional Double Tree cookie at check-in!



WIN!

LUNCH FOR TWO AT SHANG PALACE, SHANGRI-LA DUBAI

This signature restaurant offers authentic Cantonese cuisine in a modern ambience. Try some of their popular dishes such as deep-fried prawns drizzled in wasabi mayonnaise, steamed dim sum, and pecking duck.

WIN! DINNER FOR TWO AT A LA TURCA RESTAURANT, RIXOS THE PALM DUBAI

Feast on mouth-watering Turkish delicacies such as grills, hot and cold mezze, kebabs and desserts, from different regions of the country – including eastern Anatolia, the Aegean and the Black sea – in a traditional Turkish setting.



WIN! FAMILY MEAL AT ROMANO'S MACARONI GRILL

Try out the new menu at this casual family restaurant, featuring Italian tapas – think spicy ricotta meatballs, macaroni & cheese bites and pesto shrimp & avocado crostini. Kids will enjoy drawing on the paper table cloths with crayons.



WIN! IFTAR FOR TWO AT THE ADDRESS DUBAI MARINA

Enjoy a widespread buffet at the elegantly decorated Constellation ballroom, offering specialties such as lamb ouzi, mixed grills, pasta, shawarma from live cooking stations and a range of scrumptious Arabic desserts.

WIN!

IFTAR FOR TWO AT CHANNELS, MEDIA ROTANA

Dine at this all-day dining restaurant in the heart of New Dubai, feasting on a variety of Arabic and international dishes.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website. Winning was never this easy!



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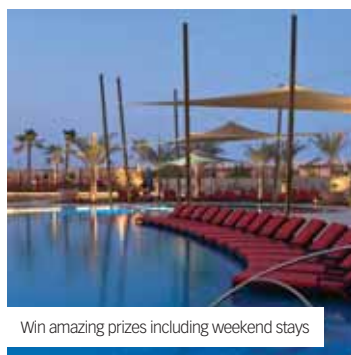
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What they said

Feedback from our Food Club members:

• Huge compliments to the team for a stunning Masterclass event. They are presented so professionally and are a fantastic showcase for the chefs and their restaurants. 🍷 – Paul Conroy

• Thank you for the invitation to the Masterclass. We really enjoyed ourselves and look forward to replicating the menu when we next have friends over. 🍷 – Liz Sandford

• Just wanted to say thanks very much for another wonderful, educational and tasty evening. My husband and I are very grateful to be able to attend these events. 🍷 – Annette Duke

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

ISHITA B. SAHA

is an independent art director and founder of Ishita Unblogged. The 38-year-old foodie, originally from India, lives in JBR with her husband, two girls, (also known as the Z sisters to her blog readers) and Lady M, the Filipina nanny who has brought the flavours of Filipino cuisine into her life. Ishita enjoys photography, and food and travel writing, when she's not busy running around doing the daily school runs, finishing artwork and shopping for groceries.

Secret ingredient

A teaspoon of sugar! It was my grandma's little secret to strengthen a particular taste and preserve the colour.

Culinary icon

My maternal grandmother, whom we called *Dida*. It's the magical aromas that went into her cooking as she stood stirring the ladle in a sweltering kitchen, in front of the gas burners – long before our kitchens turned air-conditioned. And by cooking I don't mean just a basic meal, but intricate sweets and snacks.

Food inspiration

I get inspired by everything. Recently, my husband and I attended a wedding and each table had a beautiful set-up with purple butterfly and bubble arrangements. Customised purple M&M's were given out as a favour, which inspired me to create a recipe called Purple haze yoghurt with purple M&Ms.

*About the blog

Ishita Unblogged began as a storytelling platform to inform people of the rich culture and food from my hometown Kolkata, as well as cities such as Colombo and Frankfurt, where I lived for a couple of years. Just like music has an unplugged version, this is me – in an unplugged version. I write about food and travel journeys, make notes on cuisines from places I have visited, and share my search through food markets and groceries for local spices and liqueurs of the regions, with readers. You'll find different kinds of cuisines, with a little bit of partiality towards sweets (I'll blame it on my genes – Bengalis are well known for their sweet tooth)!

Top cooking tips

- Be patient: Cook at low heat, even if it takes longer to cook something.
- Cook with love: Try to remember what was so special about food that is imprinted in your memory – all of them were created with lots of love. Enjoy the process of cooking and don't think of it as a job that needs to be done; everybody tasting the food will also feel that love and appreciate it.
- Learn: Be open to criticism, even if it is coming from the youngest or the most severe critic. Try to be like a sponge, absorbing new ideas, or else you will never experiment and learn.

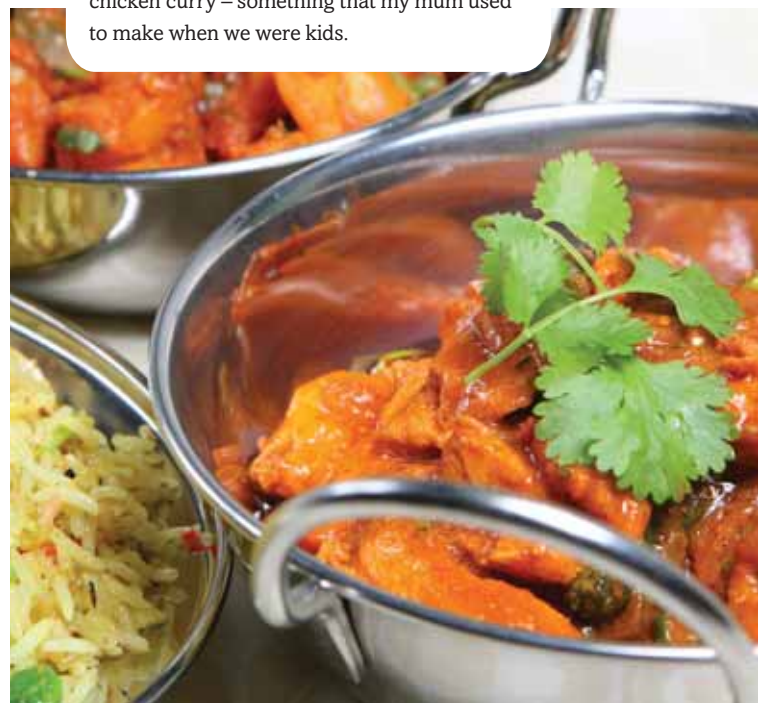
Cooking is like painting a canvas. The ingredients are like paints, splash the canvas with new thoughts and ideas.

Favourite cuisine

I'm a confused eater and everyone who knows me, knows this. That said, if I were to go out for a meal, I would choose Thai cuisine. I love the smell of kaffir lime, the spicy and tangy, yet sweet, curries and the different colours presented in a dish – all these elements simply ignite my senses.

Ultimate meal

Traditional Bengali rice sweet pulao with light chicken curry – something that my mum used to make when we were kids.



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 - Digital Display
- Cool Curtain System
- Twist Ice Maker
- Coolever Zone Plus
- Tempered Glass Shelves
- Platinum Inox • 590 Litres



RT54

- Digital Inverter Compressor
 - Digital Display
- Cool Curtain System
- Twist Ice Maker
- Coolever Zone Plus
- Tempered Glass Shelves
- Platinum Inox • 540 Litres



RT50

- Digital Inverter Compressor
 - Digital Display
- Cool Curtain System
- Twist Ice Maker
- Coolever Zone Plus
- Tempered Glass shelves
- Platinum Inox • 500 Litres

digitalinverter
COMPRESSOR

10
YEAR
WARRANTY
on the Digital Inverter Compressor

*Digital Inverter Compressor is available in select refrigerators of capacity 500 litres and above.



علامة الجودة الإماراتية
Emirates Quality Mark

Available at leading retailers:



Distributor:



Dealers: **Dubai:** Al Rams Trading 04-2285555, Jackys Electronics 04-2238700, **Sharjah:** Al Alamain Centre 06-5635993, Al Wardah Electronics 06-5686572, Diyar Gen. Trading 06-5629998, **Abu Dhabi:** Haleema Trading 02-6725299, Yaeesh Al Zubaidi Elect. 02-5833862, Al Mazhar Electronics 02-6732128, **Al Ain:** Green Branch Est. 03-7663255, Al Hashmi Electronic 03-7662000, **RAK:** Al Wahabi Electronics 07-2333365, Al Rabea Trading 07-2332212, **Fujairah:** Al Quamiyah Trading 09-2222396, Ansar Electronics 09-2447893.